

Bavarian News

Vol. 7, Nr. 2

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

February 2, 2011

Falcons soar in Neustadt



Mariah Morris pushes the ball up the court in the first half.



JV guard Kwamene Jones makes it look easy.



Derrick Woulard blocks a shot.

NEUSTADT, Germany — The Vilseck High School Falcons basketball teams are charging into the final month of the 2011 season. Although the varsity boys suffered a tough loss on the road in Neustadt, Jan. 13, both the junior varsity boys and girls teams won. After the game, the Neustadt teams prepared a homemade Bavarian style meal, complete with leberkaese and brezelin, for the VHS teams. The next two home games, which are the last home games of the season, will be Feb. 4 at (vs. Bamberg) and Feb. 11 (vs. Ansbach). For more information, visit www.vils-hs.eu.dodea.edu.



Xavier Scott, a guard for the VHS junior varsity team, focuses on the rim after splitting two Neustadt defenders.

Photos by Sandy Davis

Training saves 1st Lt. from grenade

by **Pfc. Janelle Sennert**
16th Mobile Public Affairs Detachment

MULTINATIONAL BASE TARIN KOWT, Afghanistan — First Lt. Thomas Lorenson considers himself lucky to be alive. The Seattle native from Apache Company, 1st Squadron, 2nd Stryker Cavalry Regiment, survived a close quarters grenade blast in northern Uruzgan Province, Jan. 13.

Apache Company Soldiers were conducting a routine patrol through the Nyazi Valley that morning, looking for an improvised explosive device facilitator that was suspected to have moved back into the area.

During the search of a compound, Lorenson encountered an Afghan man who pulled a grenade from beneath a pile of blankets on the floor, armed it and rolled it in his direction.

“Ultimately, I was just kind of paralyzed,” he recalled. “I pulled the trigger just out of training I guess, and lifted my arm up just to shield my face right before it went off.”

The grenade detonated, sending shrapnel tearing through the left side of Lorenson’s face and body. The man who threw it died as a result of his wounds in the
See GRENADE, page 17

172nd welcomes new leadership

Story and photo by

Maj. Joseph P. Buccino

172nd Infantry Brigade Public Affairs

GRAFENWOEHR, Germany — The 172nd Infantry Brigade ushered in a new era as Col. Edward T. Bohnemann assumed command of the “Blackhawks,” Jan. 26.

Bohnnemann arrives from Fort Leavenworth, Kansas, where he most recently served as an instructor at the School of Advanced Military Studies.

Bohnnemann, who assumes command of the brigade as it prepares for a deployment to Afghanistan this summer, is an infantry officer with three combat tours. His military schooling includes the Command and General Staff School, the School of Advanced Military Studies, and the Advanced Operational Arts Studies Fellowship.

In 2007, he served as commander of



Col. Edward T. Bohnemann, right, receives the brigade colors from Brig. Gen. Allen Batschelet, as he officially assumed command of the 172nd Separate Infantry Brigade “Blackhawks,” Jan. 26.

no doubt that we have the right leaders in place to train our Soldiers properly, build the team into an effective brigade combat team, take care of our families, and execute our mission in Afghanistan.”

Bohnnemann made clear that his sole focus is preparing the brigade’s Soldiers and families for the impending deployment.

“Our charter is to ensure that all Soldiers in this brigade have the confidence to effectively conduct their mission and that the junior leaders are capable of adjusting to rapidly-changing conditions on the battlefield.”

the 1st Battalion, 12th Infantry Regiment, under the 4th Brigade, 4th Infantry Division, later reflagged the 2nd Battalion, 7th Cavalry Regiment, 4th Brigade, 1st Cavalry Division. In 2008, Bohnemann deployed the battalion to Iraq in support of Operation Iraqi Freedom 08-10.

“I am absolutely thrilled to be here,” Bohnemann told the audience at his assumption of command ceremony. “I have

VHS students more than just well-wishers

Students raise \$5,000 to construct wells in Third World countries

by **Vilseck High School**
News Release

VILSECK, Germany — In the beginning of 2011, Vilseck High School announced it planned to raise \$5,000 for a charity during the first semester of school. Jaws dropped in disbelief. How could a bunch of high school students come together and raise that much money in less than 90 days?

Two students, Malia Carson and Christy Chanin, lead this philanthropic mission with nothing more than an idea to

(Right) Vilseck High School students participate in an Oreo-licking contest to raise funds for the Charity Water Organization, which provides wells and latrines for schools in developing countries.

help others. Whoever said teens believe the world revolves around them has another thing coming.

Charity Water, the organization for which the Vilseck High School spent three months raising money, is a non-profit organization that brings clean, safe drinking water to people in developing countries.

Vilseck High School selected a program called Water for Schools, which combines the contributions of four



Photo by Christy Chanin

schools, with each school donating \$5,000, to raise the funds necessary to set-up a well and latrines at a school in an anonymous developing country.

A year after sending in the money, the
See STUDENTS, page 17

Graf nabs top honors

Environ. Division receives prestigious Sec. of Army award

by **Dennis Bohannon**
Army News Service

WASHINGTON — The Army is pleased to announce the annual Secretary of the Army Environmental Awards. The U.S. Army Garrison Grafenwoehr won in the overseas installation category for environmental quality. Five installations, one organization, two teams and one individual will receive awards for their environmental and sustainability program achievements during fiscal year 2010.

This year’s winning accomplishments include the implementation of innovative research and development, environmental cost avoidance, habitat restoration, endangered species protection, identification and management of significant cultural resources, waste diversion and green procurement.

The Secretary of the Army’s Environmental Awards represent the highest honor in the field of environmental science and sustainability conferred by the Army.

Editor’s Note: Dennis Bohannon works for the Assistant Secretary of the Army, Installations, Energy and Environment. See the Feb. 16 edition of the Bavarian News for the full story Graf’s environmental excellence.



Stockenfels

Ghost tales come alive in the spooky Stockenfels Castle near Regensburg. See page 11.

It’s a gas

Soldiers from the 18th CSSB train for the NBC threat. See page 4.

Heavy hitter

Gen. David Petraeus visits 2SCR Soldiers in Zabul, Afghanistan. See page 6.

Tax season

Tax season officially began yesterday. Experts at your local tax offices are standing by to assist. See page 16.

Index

Op-ed	2
News	3-4, 14, 16, 17
Deployed forces	6
What’s Happening	8
Travel	11
Medical	12
Movies	18



Bavarian News

**Commander, U.S. Army
Garrison Grafenwoehr**
Col. Vann Smiley

Acting Public Affairs Officer
Nick D'Amario
nick.damario@eur.army.mil
DSN 475-6417, CIV 09641-83-6417

Managing Editor
Jeremy S. Buddemeier
jeremy.buddemeier@eur.army.mil
DSN 475-7113, CIV 09641-83-7113

Assistant Editor
Trecia A. Wilson
trecia.wilson@eur.army.mil
DSN 475-7775, CIV 09641-83-7775

Grafenwoehr Correspondent
Molly Hayden
molly.hayden@eur.army.mil
DSN 475-8886, CIV 09641-83-8886

Garmisch Correspondent
John Reese
william.john.reese@eur.army.mil
DSN 440-3701, CIV 08821-750-3701

Schweinfurt Correspondents
Joy Chalmers, Charles Stadlander,
Nathan Van Schaik
joy.chalmers@eur.army.mil
charles.stadlander@eur.army.mil
nathan.vanschaik@eur.army.mil
DSN 354-1400, CIV 09721-96-1400

Hohenfels Correspondent
Mark Iacampo
mark.iacampo@eur.army.mil
DSN 466-2398, CIV 09472-83-2398

Ansbach Correspondent
mail.ans.pal@eur.army.mil
DSN 468-1600, CIV 09811-83-1600

Advertising: Retail advertising
and classifieds, www.milcom.de,
e-mail: ads@milcom.de.
Address: U.S. Army Garrison
Grafenwoehr Public Affairs
Attn: Bavarian News
Unit 28130, APO AE 09114

If you have newsworthy ideas or stories to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de. The final decision on whether content will run rests with the editor.

All editorial content is the responsibility of the U.S. Army Garrison Grafenwoehr Public Affairs Office.

The *Bavarian News* is an authorized publication for members of the Department of Defense. Contents of the *Bavarian News* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army.

The *Bavarian News* is published every two weeks by Werbeagentur und Verlag Roswitha Lehner, a private firm in no way connected with the U.S. Army under exclusive written contract with U.S. Army Garrison Grafenwoehr. The newspaper has a printed circulation of 9,000.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Milcom Advertising Agency of the products or services advertised.

Water Tower art by Dane Gray

Commander's Message



Black History, AFAP key events in Feb.

Gruess Gott! As we begin a new month, congratulations are in order for our garrison, specifically the Directorate of Public Works' Environmental Division for winning the prestigious 2010 Secretary of the Army Environmental Award for Environmental Quality in the "over-seas installation" category.

The division distinguished itself in several ways, including running an exemplary recycling program, reducing hazardous wastes and associated costs, and raising environmental awareness. We will now compete with other branches of the armed forces for the Secretary of Defense Award for the best environmental program.

Over-the-counter drug abuse

Prescription and over-the-counter drug abuse is becoming a serious problem in our community and our youth are especially at risk. In the past year seven adolescents were hospitalized and several others received treatment for abuse or overdose of over-the-counter drugs such as Dextromethorphan (DXM). DXM is a cough suppressant ingredient found in more than 100 over-the-counter drugs including lozenges, cough syrups and tablets. Other prescription drugs being abused include Vicodin, OxyContin and Codeine.

Vilseck High School has hosted a town hall to discuss this issue and is currently developing an information campaign to raise awareness among adolescents about the dangers of abusing these drugs. The campaign will also provide parents with signs to look for in their children and ways to address and prevent abuse in the home.

Although the campaign is starting in the schools,

we need the entire community to get involved to raise awareness, help prevent further abuse and intervene wherever necessary to stop this problem.

For more information, visit www.drugfree.org.

Black History Month

This month the Bavarian military community celebrates the contributions of African Americans throughout our nation's history. The celebration began last month with Dr. Martin Luther King Jr. Day. More than just a day off work, Jan. 17 was a day to reflect on the ways Dr. Martin Luther King Jr.'s life had a profound impact on the world.

The Black History Month celebration at Grafenwoehr, Feb. 17, from 11 a.m.-1 p.m., at the Main Post Field House, will feature an actor and storyteller's reenactment of Harriet Tubman in "The Resurrection of Harriet Tubman: Escape to Freedom," Netzaberg Middle School students will render historic monologues, and there will be a variety of delicious ethnic foods to sample. The guest speaker will be Lt. Gen. Morgan, commander, Headquarters Allied Force Command in Heidelberg. For more information, see the What's Happening section on page 8. Additionally, you can read about celebrations in Hohenfels and Garmisch on page 14.

I'd also like to draw attention to a special exhibit in Ingolstadt (about two hours south of Grafenwoehr) called "The Civil Rights Struggle, African-American GIs, and Germany." The exhibit, which opens today and runs through March 6, highlights the contributions Black Soldiers made in Germany during and after World War II. The experiences of nearly 3 million Black Soldiers who served in Germany after the war later became a significant driving force for the civil rights movement. Visit www.arneemuseum.de to learn more.



CSM Corner



Community pride begins at home

This year has dawned snowy and cold and with just a few issues that need our full attention. One issue is pet guidelines. Plus there are a number of Soldiers who are either being late to or just missing their levy and Army Career and Alumni Program briefs.

The snow we've had is beautiful and covers many a spectacle on the ground. Unfortunately, eventually the snow melts and suddenly everyone can see all that was left behind before it fell. This is happening at USAG Grafenwoehr now and what was left behind is not a pretty sight.

Many pet owners on our installation and in leased housing areas have not followed the guidelines for cleaning up after their pets over the winter, and now that the snow has melted, we are left with feces everywhere. Is not only horrible to look at, it is a violation of Installation Housing Policy Letter 20: Unclean and unkempt quarters are unsightly and may indicate unsanitary conditions inside and outside the quarters. Take care of your home and yard.

Soldiers and families, it is not only our privilege to live in such a beautiful area, it is our responsibility to keep it that way by cleaning up after our pets and by cleaning up our trash.

Levy briefings

When Soldiers are reassigned, or request reassignment, to a different unit or exit the military, they must attend a levy briefing. During these briefings Soldiers



complete paperwork regarding their exit from their current unit and are given printed orders for their next assignment.

These briefings enable the Soldier to close out all business at the medical and dental clinics, make sure finance paperwork is clear, prepare to have their household goods and vehicle shipped.

Community levy briefings are conducted on the first and third Tuesday of each month from 8 a.m.-noon on Rose Barracks in Building 134.

Soldiers must attend levy briefings before they can clear the garrison. Leaders, please ensure your Soldiers make it to these briefings with enough time to properly coordinate all the details that go with moving or exiting the military.

ACAP briefings

Speaking of exiting the military, Soldiers who are leaving the military also need to attend Army Career and Alumni Program briefings. These briefings can make the difference between a Soldier having a career outside the military, just having a low paying job or becoming unemployed.

Many Soldiers find after they exit the Army that the job market is much more difficult than they

anticipated and getting into college is expensive. Some also find they don't know how to go about getting their veterans' monetary and education benefits. When they attend ACAP briefings, they learn about all their options outside the Army and are given step-by-step guidance to help create a career plan for their future. ACAP briefings allow Soldiers to capitalize on their experience and skills.

When a Soldier needs to begin attending these briefings depends on whether the Soldier is retiring or just exiting the Army. Those retiring should begin two years before they retire and those exiting should begin one year before exiting. Those being chaptered need to attend as soon as their commander reads their intent to discharge.

Again, leaders, this is where you come in. Give your Soldiers the same opportunity to succeed that you would want for yourself or your family members. Make sure they attend these briefings.

"A leader," according to John C. Maxwell, "is one who knows the way, goes the way and shows the way."

Leaders, you know the way, now go and show it to our Soldiers.

*Command Sgt. Maj.
William Berries
CSM, U.S. Army
Garrison Grafenwoehr*

AFAP is coming

The Army Family Action Plan is a grass-roots program designed to improve the quality of life and well-being for members of the Army family. The garrison is seeking input on issues to be resolved by the community.

Issues might include transferring the Montgomery GI Bill to a spouse, extending the cost of living allowance (COLA) to retirees, increasing Service members Group Life Insurance benefit to \$400,000.

Last year one of our own community members, Amy Zink, raised an issue about not having the ability to give diabetic children glucagon shots in a non-medical setting (For example at school or CYSS facilities). The issue was elevated to IMCOM in June and is at currently being discussed at the Department of the Army level.

This year's conference will be held at the Tower View Restaurant, March 1-3. In order to be considered for this year's prioritization, please submit your AFAP issue before Feb. 10.

For questions about AFAP or to participate in this year's conference, contact Simone Larson, AFAP program manager, at 476-2237 or e-mail Simone. Larson@eur.army.mil.

Herzlich Willkommen

Finally, I'd like to offer a warm Bavarian welcome to the new leadership of the 172nd Infantry Brigade, Col. Ed Bohnemann and Command Sgt. Maj. Michael W. Boom, who joined the Grafenwoehr team, Jan. 26.

Thank you again for all you do.

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*



Photo by Jeremy S. Buddemeier

A Firma Piepenbrock employee cleans an office at Graf's Main Post Building 539.

Cleaning house

Staff Report

U.S. Army Garrison Grafenwoehr community members may begin to see changes across post as officials examine their budget to look for more efficient ways to provide services.

In addition to other areas, the community will see reduced services in custodial cleaning to once per week in accordance to the IMCOM-Europe cleaning frequency chart. The garrison asks for the community's understanding while it attempts to provide the best possible support within budget constraints.

The garrison will maintain a reasonable level of service in all areas and will stay on the highest custodial cleaning level services in areas that affect child care centers.

Was denkst du?

(What do you think?)



Andrea Campo
Family member
USAG Grafenwoehr

"That I don't have to 'go' to one every morning and I get to be home with my daughter Zoey."



Pfc. Mitchell Wilson
HHC, 1-2nd Inf., 172nd SIB
USAG Grafenwoehr

"Being able to work, and train with my brothers beside me before I deploy to Afghanistan."



Debbie McMullen
Family member
USAG Grafenwoehr

"I'm a full-time homemaker. Being able to watch my kids grow and be there for my husband when needed."



Spc. Bruce Bryant
HHC 7th JMTC
USAG Grafenwoehr

"The people I work with. They are a well rounded group that give me good guidance."



Spc. Patrick Arnold
B Co., 1-2nd Inf., 172nd SIB
USAG Grafenwoehr

"The amazing people I meet, Soldiers and civilians alike. I wouldn't be in Europe without the military."

What is the greatest thing about your job?

Getting active key in Physical Fitness Challenge

Story and photo by
by Trecia A. Wilson
Assistant Editor

GRAFENWOEHR, Germany — Every year thousands of people make New Year’s resolutions to increase their physical activity and lose weight to get fit. This year the number of people doing that at Grafenwoehr Physical Fitness Center is not as significant as it is normally. “Beginning in January we usually get a flood of folks in here working out,” said Ken Durham, manager of the center. “It tends to fade off within a month or two,” he said with a grin, “but this year the numbers just aren’t turning out.” Durham guessed the lower numbers might be a result of personnel preparing to PCS or deploy who are choosing to spend time with family rather than working out.

Regardless of the reason this year, a commitment to physical fitness is lacking, and this is obvious from the number of obese children in America. According to the U.S. Centers for Disease Control website, www.cdc.gov/obesity/childhood/index.html, between 1976-1980 and 2007-2008 obesity increased from 5 to 10.4 percent in children ages 2-5, and from 6.5 to 19.6 percent among 6-11 year olds. Among adolescents aged 12-19, obesity increased from 5 to 18.1 percent during the same period. This same site states that children who are obese by ages 10-15 are 80 percent more likely to become obese adults. These statistics have sparked a nationwide physical fitness challenge by a number of medical professionals and the U.S. government.

In an effort to help combat both

childhood and adult obesity, President Barack Obama and first lady Michelle Obama have been encouraging everyone to get up off the couch and spend more active time walking, playing outdoors and working out. The first lady has done it through her “Let’s Move” program directed at preventing obesity in children while the president is focusing on his wellness reform initiatives. The President’s Challenge for Physical Fitness officially began in 1960 with a goal of improving fitness and increasing physical activity in America’s children. The program used research based scientific information, easy-to-use tools and friendly motivation to get the ball rolling. In 2009, Obama created the White House Health Reform office which includes a wellness initiative to integrate health and physical fitness programs in the areas of nutrition, safety and fitness facilities for federal employees.

In 2010, Secretary of Defense Robert M. Gates climbed aboard with a departmentwide initiative to improve employee wellness, satisfaction and engagement which led to Installation Management Command’s Lt. Gen. Rick Lynch initiating a command policy on civilian wellness with the goal of creating a resilient, sustainable and healthy workforce. That being said, the program is out there and ready for use. They have updated the fitness challenge program which is available at www.presidentschallenge.org and there is a Facebook page as well. Based on a recently posted a question on their Facebook page about what users would want from a mobile application, there may soon be a smart phone

application as well. The program enables users to track their physical fitness progress in multiple ways and includes four different challenge levels. The first challenge is a very basic challenge aimed at children and school fitness programs. The second is a simple challenge aimed at adults to begin exercising. Challenges three and four are for those who want to make physical fitness a daily part of their life and for the really daring who want to push themselves to their physical fitness peak. Each challenge has its own parameters which are quite simple, but the first rule of thumb is to be healthy enough before beginning any of the challenges. Consult the program’s online prescreening list and if there are any issues there, consult a doctor before proceeding. More than 100 activities listed count toward presidential challenge award points. The activities range from cleaning house and riding horses to weight lifting or playing basketball so it won’t take long to rack up the points. The Presidential Active Lifestyle Award begins with a six-week challenge. Adults doing 30 minutes of exercise every day will fill six gold stars, which will win the award. Students have a bit more of a challenge. They must complete 60 minutes of exercise daily to fill the six stars and win this award. Those participating in the Presidential Champions category and earning 40,000 points will net a bronze medal, 90,000 points will garner a silver medal and 160,000 wins the gold. The most important part of the program is getting off the couch and doing something active, which will result in being fit and feeling better, too.



Ginella Lane (right) and Angelina Calligan (third from right) lead a class of ladies in Zumba. The Zumba program combines Latin and International music with dance in an effort to make exercise fun and is just one of many ways to get fit at the Grafenwoehr fitness facilities.

The President’s Fitness Challenge

Accepting the President’s Challenge is as easy as one, two, three.

1. Go online to register at <https://www.presidentschallenge.org/ac-count/register.php>.
2. After you create your personal profile, go to the American Heart Association Physical Activity Readiness Questionnaire at www.adultfitness.org/riskQuestionnaire.aspx to make sure you are healthy enough to begin exercising right away. If not, be sure to consult a physician before proceeding.
3. The last step in getting started is choosing your challenge. Go back to the main page www.presidentschallenge.org/ click on the Choose a Challenge link. The drop down menu has each challenge listed, just make your choice and then get moving.

Join in and jump start your fitness plan. It’s easy, fun and you can do it by yourself, with a friend or as part of a larger group.

HOPSports’ interactive program promotes fitness, fun

Story and photo by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — The Hohenfels Child, Youth and School Services is taking fitness to the next level with the introduction of the award-winning HOPSports training program at the School Age Services (SAS) gym in Building 112. HOPSports training systems uses digital technology and celebrity trainers to immerse children in an interactive educational experience that focuses on a healthy and active lifestyle. “We are such an obese country,” said Brad Schmid, SAS director. “This program is a way for us to get our kids active and help them understand the importance of physical exercise.” Mentioned by Michelle Obama in her address to the National Governor’s Association on child obesity, the

“It’s a lot of fun, but I think I got eaten by the dragon.”
Logan Bach
Second-grader

HOPSports program is currently featured in over 800 sites around the globe. An estimated 2.5 million children a week are exposed to the system which offers programs appropriate for preschoolers to high school seniors. “Every activity we do, adults can do as well,” said Schmid. “For instance, there’s a cardio-kickboxing one that is pretty intense.” “Sometimes when the parents come to pick up their kids, they’ll join in,” said Jamee Carpenter, SAS homework lab tech. “We had a hip-hop program last week, and a couple of parents came in and danced with us.” SAS unveiled the system Jan. 3 with a program pre-

sented by the same Hollywood stuntman who taught Johnny Depp and Orlando Bloom their swashbuckling moves in the wildly successful “Pirates of the Caribbean” film franchise. The first level concentrated on footwork with children following along on numbered floor mats. At the end of the session, a sea monster appeared, and participants practiced their moves by dodging its attacks. “It’s a lot of fun,” said second-grader Logan Bach, “but I think I got eaten by the dragon.” “It takes them a while to learn the basics,” Carpenter said, “but then they really enjoy it. I mean, when else are they going to have the opportunity to learn fencing, or tap

dancing, or martial arts?” Currently SAS is running the system twice a week on Mondays and Fridays. Program presenters include top athletes in the NFL and NBA, as well as Hollywood celebrities. “I think it’s wonderful,” said Spc. Jennifer Bach as she picked up her son. “Physical exercise is extremely important, and especially now with this weather, I think it’s great that they can come and do this here.” Plans are in the works to partner with the Hohenfels Elementary and Middle/High School as well as the Child Development Center to expose as many children as possible to the program, Schmid said. “In March, our plan is to get a communitywide fitness night where we invite the whole community to come with their kids and do HOPSports in our gym once a week,” said Schmid. The individual programs



Children practice their fencing footwork in the Hollywood stuntmen program presented at Hohenfels SAS.

run about 15 minutes and have multiple levels to keep the children engaged and to keep things challenging. “Anything longer and you start losing their attention,” said Carpenter. “Our goal is to do three different programs each night. We do a little of this, and a little of that, see which ones they like the best.”

“It’s cool to do different things,” said fourth-grader Colton Carnes. More than just an exercise program, Carpenter said the programs stress health, safety, and discipline. “They’re learning how to be teammates, friends and partners while they’re exercising,” said Carpenter.

‘Wonderful Wednesdays’ graduates return to teach skiing

by John Reese
USAG Garmisch Public Affairs



Louisa Pratt (left) and Lauren Reed take a break while teaching skiing in Garmisch.

GARMISCH, Germany – Wonderful Wednesdays and Super Saturdays are a decades-old skiing and snowboarding program teaching winter sports skills to the children of personnel stationed in Garmisch, and this season two former students returned to share their skills with a new group of beginners. WW and SS provide children ranging from preschoolers to middle school students the opportunity to learn skiing and snowboarding on the Hausberg, a world-class Alpine ski run on a mountain overlooking the Olympic Ice Stadium and ski jump. The same mountains were used for past Winter Olympics. Super Saturdays is for the youngest children while Wonderful Wednesdays is for the older kids. It is,

perhaps, the oldest program of its kind associated with the garrison here. According to Tom Creley, a Garmisch Outdoor Recreation ski instructor, the person who initiated Wonderful Wednesdays more than 40 years ago was Garmisch school teacher Don Sibitzky. “Don told me he started Wonderful Wednesdays about ’67 or ’68, he couldn’t remember exactly,” said Creley. “I’m going to try and get him down sometime this winter; today he and his wife live in Heidelberg.” This year was a little more special. At last count there were 95 Wonderful Wednesdays and 20 Super Saturdays students, and few if any students drop out of the program. Some of the WW and SS graduates went on to become professional competitive skiers and Olympians, and this year graduates Louisa Pratt and Lauren Reed returned

to serve as instructors. “Lauren and Louisa are WW graduates who came back to volunteer,” explained Ellen Harris, director of Child, Youth and School-age Services. “They were in the program long before Lawrence Tindall, our current CYSS sports director, took over. Lauren’s parents Dean and Ben work at the George C. Marshall Center; Louisa’s father Nick works at the GCMC and her mother Marianna is the school secretary.” On the first Wednesday of the program, Pratt and Reed volunteered their services to CYSS as instructors. “Lauren and Louisa approached me to see if they could help out since they’d be here in Garmisch for a few weeks,” said Tindall. “Louisa was a summer hire with the child development center in the past. I asked if they’d help out with the kindergarten

beginners since they require a lot of attention in the first few sessions.” Without reservations they actively joined with group instructors Rachel Stone and Aly Nelson, said Tindall. “I was a WW student from second grade up until sixth,” said Reed. “I skied most of the years. One year I tried snowboarding to mix things up a little bit. I learned to ski from my parents when I was about three, but WW definitely aided in my development as a skier. Louisa and I were in the same WW group every year, even when we both tried snowboarding.” Reed, 2010 graduate of the University of Maine, found teaching the smallest children a rewarding experience. “I always loved WW, so when I heard they were starting the season I

709th MP Battalion conducts live-fire training

by Stefanie Kastner
JMTC Public Affairs

GRAFENWOEHR, Germany — There is a bitter cold silence between the snow-covered trees and the icy air of the Grafenwoehr Training Area. Out of nowhere, the silence is broken by the sound of grenade launchers and M4s fired by the Soldiers training on Range 201, a 360-degree combat outpost (COP) live-fire training facility.

Due to its vast number of ranges and the ability to adapt them to meet the training unit's needs, the Joint Multinational Training Command provides units one-stop training support by providing them the resources to conduct quality training. In particular, the COP live-fire facility provides units a training environment that allows them to employ all elements in their arsenal — like weaponry, vehicles and communication equipment — into a pertinent training scenario, with the appropriate digital interfaces, to meet their needs. The COP live-fire facility at the training area is the first one of its kind in the military.

“COP Live Fire differs from regular training in that it has a 360-degree fires capability. A unit can fire in any direction,” said Capt. Ian McCollum of Range Operations. “We take advantage of this by surrounding the entire COP with targets. This allows leaders the opportunity to practice fire discipline, fire distribution and



Photos courtesy of 709th MP Battalion

Soldiers of the 709th Military Police Battalion stand guard during a combat outpost live-fire training exercise on Range 201 on the Grafenwoehr Training Area.

defensive priorities of work, to name a few, and Soldiers to practice target acquisition and fire control.”

With conditions and sounds simulating real combat, the 709th Military Police (MP) Battalion trained on several combat scenarios their Soldiers might face during their deployment in the upcoming year. One training scenario utilized by the battalion was based on a real-life incident in which International Security Assistance Force troops were attacked by 300 Taliban members, killing eight

Americans and wounding 22. During the scenario, Soldiers implemented tactical movements, while team leaders relayed critical information, like the need for more ammunition or additional firepower, to platoon leaders.

“In this type of situation the platoon leaders do not engage in combat,” said 2nd Lt. Tillman Busbee, a platoon leader in the 709th MP Battalion. “They coordinate the entire operation.”

If Soldiers run short or are out of ammo, they have to have a direct line



Soldiers of the 709th Military Police Battalion replicate evacuating a casualty as part of a training scenario during a combat outpost live-fire training exercise on Range 201 on the Grafenwoehr Training Area. The range differs from other ranges because it provides units a 360-degree fires capability.

of communication to their platoon leaders, which was an objective emphasized during the exercise.

“We communicate a lot when it comes to ammo so that two big weapons do not go down at the same time,” said Capt. Rebecca Doak of the 709th MP Battalion.

The Soldiers in the guard towers on all four corners of the perimeter are the most important aspect of the whole exercise. They ensure all team movements are spread throughout the established 360-degree perimeter of

the range in order to keep everyone from focusing on one point.

“Each team has a sector and can only move so much,” said Busbee. “The Soldiers in the towers can see where the focus is needed and can help out one team, if necessary. This prevents everyone from going to one team's side and neglecting their own side.”

Some team members were also designated as Afghan National Police (ANP) role players. By having team members play the part of the ANP, Soldiers can work on their foreign communication skills and learn to work together with foreign nationals just as they will have to during deployment.

“Having role players pose as the Afghan National Police helps the team get used to the idea of having a language barrier between themselves and some of the team members,” said Busbee.

“It is like playing a basketball game with someone who has never played before. You have to communicate things to them in ways that they will understand.”

Whether it is replicating the operational environment or offering units an opportunity to train on their tactics, the JMTC gives commanders and staffs a world-class capability to conduct individual and crew live-fire qualification and company-team training exercises.

18th CSSB Soldiers brave Graf's gas chambers

by Capt. Jennifer Dyrce
18th CSSB Public Affairs

GRAFENWOEHR, Germany — Nuclear, biological and chemical training does not end after the gas chambers of Basic Combat Training. The Soldiers of the 18th Combat Sustainment Support Battalion participated in a two-day equipment and NBC familiarization event at the Grafenwoehr Training Area here, Jan. 12-13.

“This training is essential because with the ever-evolving enemy you never know what you will encounter downrange,” said Pfc. Francis Jackson, a system information specialist for Headquarters and Headquarters Company, 18th CSSB.

Thirty-three Soldiers from the 12th Chemical Company in Schweinfurt trained more than 270 personnel from the 18th CSSB. The participating Soldiers were trained on how to don their NBC suits and protective masks and how to properly wear and clear their masks. Soldiers also learned the hasty self-decontamination process.

“The training went smoothly. We made sure to



Photo by Gertrud Zach

18th Combat Sustainment Support Battalion Soldiers do push-ups during nuclear, biological and chemical training at the Grafenwoehr Training Area, Jan. 13.

have a class about the mask and gear beforehand,” said 1st Lt. Cesario Cuenca, the decontamination platoon leader for the 12th Chem. Co. “It is important to put more value in the NBC training; in many units people tend to stray away from it. However, when the day comes it is important for Soldiers to know what to do. These Soldiers sure will.”

Approximately 54 tablets of CS gas were used. CS gas is also referred to as tear

gas and used as a riot control agent to stimulate choking. To ignite the gas tablets, they are cooked in a metal device, and once the gas gets going, one tablet can be used for every 10 people who enter the gas chamber.

“Ultimately all of this training will just make it easier for a Soldier to better adapt and perform in a hazardous environment,” said Sgt. Dennis Miller, a human resource sergeant for HHC, 18th CSSB.

Pfc. Ayonti Bennett remembered

Story and photo by
Charles Stadlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — For the troopers who served with Pfc. Ayonti Bennett in Afghanistan, what they'll remember most is the sunny disposition, extensive basketball expertise, outspoken musical taste and dedicated positivity that he brought to C Troop of 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade Combat Team. Bennett died Jan. 19 in his room on Conn Barracks. He was 20 years old.

“I thank him to this day for saving my musical life,” said Spc. Julian Peterman. Other friends' memories were equally fond, citing Bennett's good-natured pranks, enthusiastic attitude while working as a platoon radio operator and troop guidon bearer and for lending an understanding ear to fellow Soldiers.

The impact Bennett had on his friends within the unit was clear, based on the outpouring of smiles and tears at the ceremony. Every speaker's offering to Bennett's honor was a bittersweet mixture of cheerful anecdotes and painful remorse at the loss of the young Soldier.

“I was going through hard times, and Bennett really



Soldiers gathered for a remembrance ceremony for Pfc. Ayonti Bennett, Jan. 21, at the Conn Chapel. Bennett, a trooper from C Troop, 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade Combat Team, died in his room on Conn Barracks, Jan. 19.

helped me out,” said Spc. Michael Jones. “It's hard to find people like him.”

The slideshow playing during the remembrance ceremony confirmed the words of his friends and fellow troopers. In every shot, Bennett was baring his teeth in a wide grin, lighting up the dusty brown landscape of eastern Afghanistan with his relentless joy and puckish charm.

The 1-91st Cav. Regt. returned in the fall of 2010 from a year in Afghanistan's Loghar Province. Bennett served the

duration of this deployment with his unit.

“It just doesn't seem fair,” said Chaplain (Capt.) Scott Kennaugh, referring to Bennett's death mere months after returning safely from a year at war. “Our hearts can't understand it, our minds can't reconcile it.”

Bennett, a native of Columbus, Ga., enlisted in the Army May 27, 2009, when he was just 18 years old. He is survived by his mother, Mona Bennett, who lives in New Orleans.

1-4th Infantry Regiment completes five-year Afghanistan mission

by Maj. Nicholas Sternberg
JMRC Public Affairs

HOHENFELS, Germany — Members of the Hohenfels and Grafenwoehr military communities along with representatives from the Romanian army gathered for a ceremony, Jan. 13, to officially recognize the completion of the 1st Battalion, 4th Infantry Regiment's five-year mission in Afghanistan.

Since 2006, the 1-4th Infantry Regiment, has maintained a company-sized element deployed as part of a Romanian Battle Group in Afghanistan's Zabul Province. During the nine consecutive International Security Assistance Force (ISAF) rotations the regiment augmented the Romanian Land Forces with person-

nel, enablers and operational experience, while the Romanians developed and improved their own capacity and interoperability.

“It was a great honor for our battalion commanders to have embedded in their units a company from your battalion,” said Romanian Maj. Gen. Alexandru Rus, chief of Strategic Planning Directorate, Romanian Land Forces. “This unique partnership highlights the special relationship between us. Together we have succeeded to keep open a vital economic corridor and to achieve so far COMISAF's requirements.”

Due to the success of this unique partnership and other conditions in theater, last year Romania deployed a second battalion and a brigade tactical command post, signaling its in-

creased commitment to ISAF.

“You can be very proud,” said Brig. Gen. Steven L. Salazar, commanding general of the Joint Multinational Training Command. “You served your nation, ably supported the Romanian Task Force and provided hope for the Afghan people of Zabul Province.”

The unit's continuous deployments, while serving to provide stability and security to the people of Afghanistan, also enhanced the unit's unique opposition force mission at JMRC by providing them with firsthand, personal knowledge of today's tactics, techniques and procedures, as well the current battlefield trends as they relate to both U.S., allied and combatant forces.

“This is not the last great thing

that Soldiers serving under the warrior banner will do,” continued Salazar. “Apply your experiences to train the forces — U.S. Army in Europe forces as well as our allies.”

More than 1,400 Soldiers from 1-4th Inf. Regt. deployed during this five-year mission, a number of them earning valorous awards, which included 1 Silver Star, 21 Bronze Star Medals with V Device, 48 Army Commendations with V Device and one Soldier's Medal. Over the last four deployments, 40 Soldiers earned the Purple Heart.

Eleven Soldiers paid the ultimate sacrifice, giving their lives in the defense of freedom. The mission ended with the return of the 1st Battalion, 4th Infantry Regiment's Team Cherokee to Hohenfels.



Photo by Spc. Jenny Lui

Romanian Land Forces Maj. Gen. Alexandru Rus presents an award to Lt. Col. Rafael Pardes, (center) of 1st Battalion, 4th Infantry Regiment, during the regiment's 'Completion of Mission' ceremony, Jan. 13.

2SCR rededicates Rose Barracks Cavalry Chapel

by **Spc. Corey Glynn**
2SCR Public Affairs

VILSECK, Germany — Troopers from the 2nd Stryker Cavalry Regiment gathered to rededicate the Rose Barracks Cavalry Chapel, Jan. 18. Family members listened as Lt. Col. Paul R. Lasley, 2SCR's chaplain, discussed the chapel's history. Later, Col. James White, V Corps Chaplain gave a sermon on the importance of having a place to worship.

White has a long history with 2SCR. He was part of the regiment when it was called the 2nd Armored Cavalry Regiment (2ACR).

"Why do we dedicate a special place to worship ... a place to take a moment ... a sacred place?" White asked as he told a story from the Bible.

Following the rededication ceremony, Col. James Blackburn, the regimental commanding officer, answered questions from 2SCR spouses about the unit's redeployment.

The Regimental Commander also talked about the reintegration process and how the block leave will follow the first days of the redeployment.

One spouse asked about the availability of child care during reintegration.

"Yes!" Blackburn said. "There will be two opportunities for the spouses to attend with their Soldiers through reintegration."

After the ceremony, Soldiers and family members enjoyed a lunch provided by the newly dedicated chapel.

Cougars target education

by **Sgt. Jerry Wilson**
2SCR Public Affairs

ZABUL, Afghanistan — Cougars from 2nd Squadron, 2nd Stryker Cavalry Regiment, are devoting their limited free time while deployed to the pursuit of a very special target. No, it isn't a key leader in the Taliban organization or even a large cache of weapons, this target is higher education. Many troopers are using their downtime to attend college courses thanks to the development of the new education program at Forward Operating Base Apache and the encouragement of a supportive chain of command.

"Education plays a vital role in the development and progression of our Soldiers in the Army today," said 2nd Squadron's Command Sgt. Maj. Christopher Martinez. "To be able to instill in each one of our Soldiers the desire to better themselves through the pursuit of knowledge, will not only make them better leaders, but will make us a better institution."

"It is our responsibilities, as leaders, to care enough to ensure our Soldiers have that vital opportunity to reach their full potential and to evolve into those future, small unit leaders who will carry the Army through this century and beyond," Martinez continued. "It has been an honor to serve in a command climate which pursues excellence, and the individual development of our Soldiers."

The squadron developed a program that has allowed Soldiers to explore a myriad of educational

See COUGARS, page 17

Petraeus visits Dragoons

Story and photo by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — Troopers of the 2nd Stryker Cavalry Regiment received a visit from a very special guest, Jan. 17. Gen David H. Petraeus, commander of International Security Assistance Force and U.S. Forces Afghanistan, stopped to visit with the troops at Forward Operating Base Lagman.

During his visit to Lagman, Petraeus took time to visit with the troops and commend them for their efforts. Petraeus also talked a little about 2SCR's mission in Afghanistan. Six squadrons are operating decentralized in southern Afghanistan. This area, about the size of Texas, allows 2SCR to conduct population centric counter insurgency operations to promote freedom of movement enabling enduring stability for the people here.

"We keep stealing from the regiment and sending them to Uruzgan, Kandahar or other locations and yet you have gained a great deal just in the six months I have been here," he continued. "It's very very impressive to see."

Petraeus re-enlisted four troopers and presented Spc. Christian Hipsley a Bronze Star Medal for Valor. Hipsley, a medic with FIRES Squadron, was awarded the citation for his heroic efforts, which saved the lives of five Afghan National Army soldiers after an IED attack. Petraeus, who was saved by Army medics on two separate occasions, said he was honored to be presenting this award to such a deserving recipient.

"There is no one that symbolizes that Army of one more than that medic that is trying to keep you alive,"



Gen. David H. Petraeus, commander of International Security Assistance Force and U.S. Forces Afghanistan, addresses troops during his visit to Forward Operating Base Lagman, Jan. 17.

Petraeus said. "Every one of us has this incredible value and can be the most important person in another person's life at any given point and that's what this individual was."

To mark the momentous occasion, the troopers of 2SCR inducted the general into the regiment as an honorary Dragoon. Petraeus placed his signature in the official record book beside many officers and senior noncommissioned officers who have distinguished themselves in their out-

standing commitment to the oldest continually active unit in the Army. He was then presented a 2SCR jersey and patch, which he proudly wore for the rest of his visit.

Petraeus concluded his visit with a trip to the new Police Headquarters building in Qalat and the new Police Training Center where he met with the Zabul Provincial Governor Ashraf Naseeri and other key Afghan officials.

"I am very impressed with what

has happened here since 2SCR arrived," he said. "I am very impressed with the teamwork that is evident here with the different members of the ISAF coalition that are active in Zabul. But above all I am very impressed with the teamwork between the Afghan forces, the Afghan civilian government here and the 2SCR leadership."

"These accomplishments should be a source of pride for all who wear the 2SCR patch," he said.

Dragoons welcome new NCOs to the ranks

by **Sgt. Jerry Wilson**
2SCR Public Affairs

ZABUL, Afghanistan — One of the most important moments in the career of any enlisted Soldier is when he or she becomes a noncommissioned officer. For 31 troopers from FIRES Squadron of the 2nd Stryker Cavalry Regiment, this moment was commemorated during an NCO induction ceremony at Forward Operating Base Lagman, Jan. 17.

"This ceremony is a tradition of the NCO Corp. It teaches, coaches and mentors these young NCOs, that they are the roots of the Noncommissioned Officer Corp," said FIRES Command Sgt. Maj.

Lorenzo Wallace. "They are assuming the great responsibility of taking care of the greatest resources our nation has given us, their sons and daughters."

"This ceremony is a reminder to all NCOs that this responsibility cannot be neglected," Wallace said.

During the ceremony inductees reaffirmed their commitment to the Corp by reciting the NCO Creed. Each Soldier then stepped forward and received the saber of leadership from Regimental Command Sgt. Maj. Mark Morris. Placing the saber against their right shoulder, each new NCO looked toward the Soldiers standing nearby and took a step forward symbolizing their assumption of their new role and responsibilities.

According to Wallace, this ceremony immortalizes great things to come for these young leaders of tomorrow.

"For some of these inductees it's a beginning point to be the future sergeant major of the Army," Wallace said. "I salute these young NCOs because of the challenges that they will face in the future."

Sgt. Mandy Turner takes the ceremonial step into leadership during the NCO induction ceremony at Forward Operating Base Lagman, Jan. 17.



Photo by Staff Sgt. David Santanna

Martin Luther King Jr. honored downrange



Sgt. Delena Cherry performs an interpretive dance in honor of the Dr. Martin Luther King Jr. during the MLK remembrance luncheon at Forward Operating Base Lagman, Jan. 22.

Service to others is theme of Dragoons MLK Day event

Story and photo by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — Troopers from the 2nd Stryker Cavalry Regiment and their coalition counterparts gathered at the Mykel Miller Dining Facility on Forward Operating Base Lagman, Jan. 22, to pay honor to one of the greatest leaders of the American civil rights movement, Dr. Martin Luther King Jr.

The theme of the MLK Birthday luncheon was "Anyone Can Serve." Following the invocation by Chaplain Doug Hogsten of FIRES Squadron, attendees were treated to an inspirational dance exhibition by Sgt. Delana Cherry and Spc. Azaria Carr.

Guest speaker for the afternoon was the 2SCR Regimental Opera-

tions Sgt. Maj. Melvin Smith. Smith shared his reflections of the legacy left behind by King.

"Realizing that we all share a common destiny is one of the first steps along the road to racial harmony and one America," Smith said. "Dr. King's teachings help Americans realize that when one of our brothers or sisters is held down by the weight of racism and intolerance, we all lose individually and collectively."

"Dr. King's life continues to teach us that with courage, vision and determination, every one of us has the power to help change the course of our nation and the world," he said.

Smith went on to discuss the theme of anyone can serve and how fitting it was for King's birthday celebration.

Dr. King once said, "Life's most persistent and urgent question is: What are you doing for others?"

"King believed in the American Dream. He both witnessed and experienced much of what was wrong with America, but he never lost his

faith in what was right with America," Smith said.

Smith discussed how King encouraged service within communities to alleviate poverty and address community concerns. Smith said a shining example of this philosophy can be seen in the military community.

"The military truly exemplifies the message that anybody can serve and what it truly means to serve others here in Afghanistan," Smith said. "In U.S. military communities worldwide and in deployed areas, Soldiers of all colors and ranks, live, work, pray and play together on a daily basis."

Smith closed by urging people to honor King's memory through service to others and said the ultimate birthday present they could give would be to ensure King's memory lives on.

The afternoon concluded with a heartfelt musical performance by Spc. Krystel Dela Merced, who played the guitar and sang "A Change is Going to Come."



Photos by Kristie Mashburn

Above: Netzaberg Elementary School students show off their winning smiles after competing in Netzaberg Elementary School’s 2nd Annual Spelling Bee. Left: Matthew Bergosh is announced as the winner of the spelling bee after outspelling 26 other students.

Netzaberg students spell success

by Rhoda Wilner
Netzaberg Elementary School

This year’s Spelling Bee winner missed that word in the 2010 Spelling Bee! The 2011 Netzaberg Elementary School Spelling Bee started off with 27 enthusiastic third, fourth and fifth-grade students.

These students easily tackled words such as “durable,” “organic” and “eavesdrop” as they each attempted to become the champion of Netzaberg Elementary School’s 2nd Annual Spelling Bee.

After more than 70 challenging words, it came down to a contest between the final two contestants. Fourth-grader Taylor Ferdinand-Bessant competed against fifth-grader Matthew Bergosh for the title of the 2011 Netzaberg Elementary School Spelling Bee Champion.

In the end, Matthew knew he was “successful” as he spelled this year’s winning word, “quarterback,” and he will proudly represent his school at the PTSA sponsored European Spelling Bee at Ramstein this spring.



Photo by Stephanie Hamilton

The Bayern Rangers compete against the NATO SHAPE Shields in U.S. Air Force Europe’s 19th Annual Hockey Tournament in Garmisch, Jan. 20.

Bayern Rangers take the bronze

GARMISCH, Germany — The Bayern Rangers community ice hockey team and NATO’s SHAPE Shields faced off Jan. 20 during the first day of U.S. Air Force Europe’s 19th Annual Hockey Tournament at the Olympic Ice Stadium in Garmisch-Partenkirchen.

Two of Rangers, Maj. Mick Mineni and Capt. Matt Donofrio, 2nd Stryker Cavalry Regiment, came back on rest and recuperation leave from duty in Afghanistan to compete. The Rangers ultimately took the bronze out of 10 military teams.

“I can tell you that I’ve never seen such a high level of teamwork or commitment; the team’s

performance was awesome!” said player/coach and attorney Brad Huestis, chief of the Staff Judge Advocate Client Services Division at 7th Army Joint Multinational Training Command.

The team presented its bronze medal to the U.S. Army Garrison Grafenwoehr command group at the Community Huddle, Jan. 27.

The gold medal was taken in the final game by the favorites to win, the KMC Eagles, in a decisive 6-2 match against the Canadian Geilkirchen Flyers.

The tournament was covered live by AFN “The Eagle” and in a Jan. 22 story in *Stars and Stripes*.

What’s Happening

Ansbach Briefs

Stolen govt. property

The Ansbach CID Office is seeking information leading to the identification, arrest and conviction of the persons responsible for the theft of government property between Nov. 9-10, 2010, from the 412th ASB Motor Pool, Shipton Kaserne, APO AE 09075. The following government property was taken: M22 binoculars, PEQ-15 laser pointer, M68 holographic sights for the M16A1 or M4, anti-reflection device (lens cover for the M22 binoculars), black lens caps (replacement lens), black battery cover for the M14 telescope, anti-reflection device (lens cover for the M24 telescopic sight), M150 ACOG (optical gun sight).

Any person having information regarding this incident should contact the Ansbach CID Office at DSN 467-3506, CIV 0162-270-4044 / or the Ansbach military police at DSN 468-7637, CIV 0981-183-637/. Your name can remain confidential.

The payout of cash rewards to military and federal employees for information leading to a conviction is contingent upon their exceptional actions regarding the information provided.

Graf/Rose Barracks Briefs

Tax season begins

Go to www.grafenwoehr.army.mil/tax.asp for tax forms, FAQs, tax center info and more. Customers should bring all W-2 and 1099 forms, a social security number for each family member and routing and account numbers from your bank for refunds.

Soldiers, civilian employees and retirees can download wage and tax statements and W-2 forms from the Defense Finance and Accounting Service at www.dfaf.mil. Most banks and investment companies will mail statements of interest and dividends, Form 1099, by the end of January.

Taxpayers with complicated returns should take extra time to ensure that their documents are in order and should always have a copy of their prior year tax return available for their tax preparer.

A tax return is complicated when it includes capital gains, rental real estate income or loss, foreign earned income, foreign taxes paid or multiple state

income tax returns.

For more information, contact: Main Post, Bldg. 216, DSN 475-9258, CIV 09641-83-9258 Tue. - Fri. 9 a.m.-5 p.m., Mon. 10 a.m.-6 p.m., walk-ins and scheduled appointments available. Rose Barracks, Bldg. 245, 1st floor, DSN 476-2714, CIV 09662-83-2714. Mon.-Fri., 9 a.m.-noon, 1-5 p.m., walk-ins/ scheduled appointments available.

Resilience training

USAG Grafenwoehr Army Community Service is offering a two day Resilience Training Feb. 14-15, 8:30 a.m.-4:30 p.m. at the Netzaberg Teen Center. Child care is provided, but parents must enroll online at <https://webtrac.mwr.army.mil/webtrac/Grafenwoehrcyms.html> or by contacting the Parent Central Services on Rose Barracks DSN 476-2760 or CIV 09962-83-2760, Main Post DSN 475-6656 or CIV 09641-83-6656. Child care registration is open through Feb. 8.

Retirement ceremony

A Community Retirement Ceremony will be held Feb. 16 at 4 p.m. at USAG Grafenwoehr Field house (Main Post Bldg. 547). The event is open to the public. This is a great opportunity to recognize service members and civilians for their years of service to our great nation. For more, e-mail keith.harry@eur.army.mil or call DSN 475-8539.

SAEDA training

Together with the 66th Military Intelligence Group, JMTC Intelligence and Security, and the U.S. Army Garrison Grafenwoehr (Antiterrorism and Security Divisions) will be conducting the quarterly community Subversion and Espionage Directed against the Army (SAEDA), Security Education Training Awareness (SETA), Operation Security (OP-SEC), and Anti-terrorism Level 1 Refresher Training.

Feb. 16 - Main Post, Tower Theater, Bldg. 620. 10:30 – 11:30 a.m. (LN employees), 1:30 – 4 p.m. (US employees).

Feb. 17 - Rose Barracks, Post Theater, Bldg. 354. 9 – 11:30 a.m. - (US employees), 1:30 – 2:30 p.m. (LN employees)

This training is a mandatory annual requirement for all DoD personnel including Military, AF/NAF (both US and LN); U.S. Contractor employees are welcome.

Black History Month

The annual Black History Month celebration will be held Feb. 17, 11 a.m. – 1 p.m., at the

Main Post Field House, Bldg. 547. The keynote speaker will be Lt. Gen. John W. Morgan, commanding general, Allied Force Command. Playwright, actor and storyteller Melissa Waddy-Thibodeaux from Flying Geese Productions will present a compelling reenactment of Harriet Tubman in her portrayal of “The Resurrection of Harriet Tubman: Escape to Freedom.” Students from the Netzaberg Middle School drama department will render historic monologues. There will be a variety of delicious ethnic foods to sample. This is a free event, open to the public. Come out and experience the culture!

In addition, volunteers are needed to share their African heritage and serve as committee members during the event. Volunteers will assist with the coordination of activities, performances, displays or provide ethnic foods for sampling. For more or to volunteer, contact Sgt. 1st Class Yolanda M. King, EOA, JMTC/USAG-Grafenwoehr, DSN 475-8038 or e-mail yolanda.m.king@eur.army.mil.

Fishing course

Feb. 18-20 and March 18-20: Camp Algiers, Bldg. 2440. Participants must sign up through Outdoor Recreation prior to the start of class by calling DSN 475-7402 or CIV 09641-83-7402.

Hunting course

Feb. 1 – April 16: Camp Algiers, Bldg. 2440. Course will meet Tuesdays, Thursdays and occasional Saturdays. On training holidays, the course will meet on Wednesdays. Open to U.S. ID card holders, 18 years of age and older. Please sign up through Outdoor Recreation prior to the start of class at DSN 475-7402 or CIV 09641-83-7402.

2011 voting season

All registered voters must revalidate their status with their registered voting states. Submitting an FPCA to their state local election official will register eligible voters to vote, update their mailing address with their state local election office, and request an absentee ballot for all state and federal elections to include primary elections. See your unit voting officer for a mail-in SF 76, or visit the Federal Voting Assistance Program website at www.fvap.gov for specific state information.

Rowing championships

Indoor rowing competition begins promptly at 9 a.m., Feb. 26

at Netzaberg Elementary School.

Open to anyone age 4 and up. Indoor rowing on the Concept 2 ERGS consisting of 4-minute heats.

Register now to get a chance at the door prize or register the morning of the competition. Send entries to david.gray@eu.dodea.edu or teammnetz@me.com. For more, call DSN 472-9184 or CIV 09645-917-9184. <http://web.me.com/teammnetz/teammnetz@me.com/Welcome.html>.

Estate claims

- For claims on or obligations to the estate of Sgt. Eric Nettleton of 1st Squadron, 2SCR, Pfc. Conrado Javier of 3rd Squadron, 2SCR, contact the following summary court martial officer: Capt. Chris Haag at DSN: 476-5897 or e-mail: chris.haag@us.army.mil
- For claims or obligations to the estate of Sgt. David S. Robinson of Delta Company, 2nd Squadron, 2SCR, contact the following summary court martial officer: 2nd Lt. Cameron Rick at DSN: 475-8230 or e-mail: cameron.rick@eur.army.mil
- For claims or obligations to the estate of Sgt. 1st Class Salaam Brown of the NATO School contact the following summary court martial officer, Maj. Stephen Serniak at Comm: 8822-9481-2006 or e-mail serniak.stephen@natoschool.nato.int.

Hohenfels Briefs

Tax center opening

The Tax Center opened Feb. 1 for the 2010 filing season at the Legal Center (Bldg. 313). Appointments accepted. For more information or to make an appointment, call 466-2836.

AFTB Level One

Feb. 5: Whether you’re a “new” or “experienced” spouse, AFTB has something for you. From ‘understanding an LES’ to ‘a recipe for a richer life,’ AFTB touches on every aspect of your life. With promotion points available, Soldiers also have much to acquire. ACS is offering this special program on Saturday from 8:30 a.m. to 5:30 p.m. at ACS, Bldg. 10. Call Kristen Lewis at DSN 466-4088/4860 to register or for more information.

Gospel tour

Feb. 9: Don’t miss this stellar performance by the Lift Up Your Spirit Gospel Tour. This free performance is open to all U.S. ID cardholders and will be at the Community Activities Center.

Doors open at 6 p.m. For more information call DSN 466-3676 or CIV 09472-83-3676.

One-day ski trip

Feb. 5 and March 5: Enjoy a quick winter get-away in the Bavarian Alps. The Winklmoosalm mountain community in Reit im Winkl, Germany, offers Alpine and cross country skiing, hiking and more. Cost is \$25 for adults and \$20 for children ages 12 and younger.

Discounts offered for groups of five or more and for those with season rentals. A three-hour beginner instruction class will be offered for \$10. Bus will depart Hohenfels ODR, Bldg. H15 at 5:30 a.m. and will return at 8:30 p.m.

Cost includes transportation only. Lift tickets can be purchased at the ski hill. Seating is limited. Call to reserve your seat today. DSN 466-2060 or CIV 09742-83-2060.

AFAP conference

Feb. 23-25: A variety of volunteers are needed for the annual Army Family Action Plan (AFAP) Conference. Conference delegates, who serve in groups that consider and make recommendations on the various quality of life issues submitted by the Hohenfels community, are the largest area of need at the moment. Volunteers are needed to serve as recorders, issue support staff, transcribers and in conference support.

Call Kurt Rager at CIV 09472-83-3403, DSN 466-3403 or e-mail kurt.rager@eur.army.mil, if you are interested or have questions. The conference takes place 8:30 a.m. to 4:30 p.m. on Wednesday and Thursday, and 8:30 a.m. to noon on Friday. Meals and child care are provided for volunteers.

ITR/ODR trips

Mark your calendar now for these upcoming ITR and Outdoor Recreation trips. Additional information published in upcoming issues of the Hohenfels Hometown Happenings, or call DSN 466-2060 for more information. Feb. 19: Basic Ice Climbing Feb. 19: Trip to Dresden.

Genealogy class

Feb. 9: Find out what skeletons are in your family closet. Stop by the library from 5-6 p.m. and learn how to do your own research and discover your genealogy. Every second Wednesday of each month. Call DSN 466-1740 for more information

Bingo at the CAC

Feb. 17: For adults only. Have some drinks, bingo and fun at the 18 and older Bingo at the Community Activities Center. Doors

open at 6 p.m. and games will begin at 6:30 p.m.

Estate claims

- For claims or obligations to the estate of Staff Sgt. Jason A. Reeves of A Co/2nd Military Intelligence Battalion contact the summary court officer, 1st Lt. A.J. Glubzinski, at DSN 466-3554.

Schweinfurt Briefs

Askren Clean Sweep

Come join the noble band of volunteers who gather every month for this community clean-up effort. Keeping shared housing areas clean is a burden we all bear. This month’s installment meets at 9 a.m., Feb. 8 at the commissary. Children are welcome.

SNAPS

The Schweinfurt Newcomer’s Awareness Program for Spouses is the best way to get acquainted with your new home. Whether a new spouse to the area or someone who’s lived here for a while and is in need of an open door to German society, this is the program for you. The weeklong SNAPS gathering begins Feb. 10 at 9 a.m. at ACS, Ledward, Bldg. 242. For more, call DSN 354-6933, CIV 09721-96-6933.

Community town hall

This quarterly gathering is your chance to make your voice heard. The town hall is open to all community members and is designed to both keep residents updated on developments here and to provide a forum for questions and concerns. The meeting will be coupled with the FRG leaders meeting and convenes on Feb. 15 at 10 a.m. at the School Age Center on Askren Manor.

Strongheart Warrior

Ledward Chapel begins Chaplain (Lt. Col.) Bonura’s long-researched Strongheart Warrior program at 2 p.m., Feb. 16. This therapeutic set of classes is designed to treat Soldiers suffering from post-traumatic stress disorder through a spiritual approach. The program is a new approach to this problem and is in need of membership. For more, call DSN 354-1370, CIV 09721-96-1370.

Estate claims

- For claims or obligations to the estate of Pfc. Ayonti B. Bennett of Charlie Troop, 1st Squadron, 91st Cavalry contact the following summary court martial officer: 1st Lt. Luis Prieto at DSN 353-8510, CIV 09721-96-8510.



The “haunted” castle of Stockenfels looms menacingly over the Regen Valley near Nittenau. King Ludwig punished unlawful brewers by banning them to this castle.

Centuries-old ghost tales come alive in this castle near Regensburg

Story and photos by
Rupert Heigl
Special to the Bavarian News

“What a night!” At six o’clock in the morning, Andrea sat in the beer garden of the Gasthaus Wittmann on the Regen River, trying to still the trembling of her hands enough to sip her first cup of coffee. She’d just experienced one of the worst nights of her life — a night on the tower of Castle Stockenfels high over the Regen River valley. Being a young Australian from Adelaide, she was not scared easily. So when her boyfriend told her he was going to spend a night in the ghost castle of Stockenfels, of course she wanted to come. About 15 miles north of Regensburg near the quaint market town of Nittenau lies the ancient Stockenfels Castle.

Ghastly history

Built around 1,000 years ago by the emperor Ludwig of Bavaria and inhabited over the centuries by ruthless robber barons, it is probably one of the most famous places for ghosts in Bavaria.

Brewers from all over the place who were unlawful and did not fill up the glasses properly were banned to this lonesome fortress on the Schwarzenberg (Black Mountains). And that is exactly what it looks like. In the middle of a dark wall of trees, the old ruins are embedded. Over the centuries cruel stories emerged out of the stone walls. Brewers had feasts with flaming skulls, and the shadow of the cruel but beautiful Irmingard killed everyone it touched within three days. Few who saw a ghost survived. Andrea knew all the stories her boyfriend had collected from people of the region when she entered the ferryboat in Marienthal that brought her across the River Regen to the other side. “Be careful,” said the ferryman with a smirk on his face. It was a warm summer night and almost dark. The steep path uphill offered breathtaking views over the valley. The climb to the foothills took about 20 minutes. The gate creaked on rusty hinges as her boyfriend opened it, and they climbed a ladder to the first floor of the belfry (tower). “Comfortable,” he said and put the two sleeping bags on the wooden floor. It was dark — completely

dark. Still she was not scared. Only old fashioned Europeans believe in ghosts, she thought. Except for the snorting of a wild boar, nothing could be heard. So after a while they both went to sleep. About two hours later Andrea woke up. An odd sound drifted across the tower. Sssssssssshhh! Curious, she crept across the room and looked out of the window, its seal beautifully carved with the coat of arms of past owners. Her mouth dropped open in shock! Directly opposite the tower, fire burst through the hall and across the courtyard as if shot from a flame thrower. Andrea screamed, waking up her boyfriend. He had not seen or heard anything. Trembling and shivering, she stayed wide awake the whole night, not letting her mate sleep a wink either. The next day, they walked down to the river at 5 a.m. and called for the ferryman. “Have you seen a ghost?” he asked, seeing the chalky white face of the young Australian. Andrea could not say a word, which was very unusual for the normally quick-witted woman. It took her about a week to recover, but thank God she survived. This true story occurred 30 years ago, and Andrea still swears that everything happened just that way. And lots of other people have expe-



Courtesy Graphic

An ancient curse warns dishonest brewers of their fate. “So if in life he brewed foul beer, he will be banned after death here. At midnight, his shouts and screams you’ll hear as for punishment he’s forced to drink his own beer.” rienced similar supernatural things at the Ghost Castle of Stockenfels. And if you go, be careful: Irmingard might still be around.

Visiting with ghosts

During winter, visits to Castle Stockenfels are by appointment only. Call the Kastelan (keeper) of the Castle, Franz Joseph Vohburger, at 09471-5980 or at derkastelan@web.de to set up a visit. Tours are in German and should be booked one to



Visitors prepare to prowl the ruins of Stockenfels Castle in search of ghostly fun.

two weeks in advance. The “Geisterwanderung” or ghost night walk is offered four times a year. Leaving from Nittenau, you’ll visit three castles in the Regen River valley and see the beheaded knight and the witches of Stefling. The tour lasts about three hours and costs 10 euros. The next tour will be held in spring. Check www.Nittenau.de or call 09436-902733 for details.

Social worker heals relationships

by Jennifer Walsh Cary
BMEDDAC Public Affairs

VILSECK, Germany — Patients suffering from mild Traumatic Brain Injuries are adjusting to several new challenges like loss of balance, trouble sleeping and feelings of depression. However, mTBI patients who are married or in long-term relationships have an additional hurdle to cross: relearning how to communicate with their partner.

Enter Liselotte Mathews, a licensed clinical social worker at the mTBI Clinic on Rose Barracks. Her primary job is to meet with each mTBI patient and their significant other to do an assessment of how their relationship is working and identify where they could use some help making it better.

“A lot of challenges are connected to mTBI. It’s difficult to remember things, they aren’t able to concentrate. This all impacts a spousal relationship and the family,” Mathews said.

Mathews spends about four hours assessing each set of couples she sees. The first hour is spent talking to the couple together, hours two and three are spent speaking with each person individually and hour four is used to develop a plan of action for the couple.

The questions asked during the assessment vary, but are likely to include: what challenges the couple is currently facing; what their family background is like; what it’s like parenting their children together; and even how they first met.

“Trying to understand what the attraction was is really important for any kind of intervention,” she said. “When you don’t understand what drew the couple together, then you don’t know where the goals need to end up.”

In the end, most couples face the same basic problem: communication.

“Communication problems are pretty much universal. When a couple needs the least amount of work, it’s working on communication and listening skills,” Mathews said.

According to Mathews, one of the best rem-



Liselotte Mathews, social worker at the mild Traumatic Brain Injury Clinic on Rose Barracks, demonstrates a technique that helps clients communicate during couples counseling. By using the bubbles as a distraction, clients are often able to speak more freely about their feelings.

edies is for couples to learn how to date again.

“What makes a long-term relationship work is a series of short-term positive interactions,” she said. “Have dating experiences regularly so you can get back in touch and stay in touch with your spouse. Get to know him or her again. Remember why you fell in love with that person.”

Mathews said the success rate of couples going through counseling is high, but some are still hesitant to “air their dirty laundry” in front

of her. Her response?

“It can’t make things worse,” she said. “Any time you reach out to a helping professional you increase the probability that you’ll improve your relationship or whatever needs improving. That’s a guarantee.”

Dr. Anne Felde, clinical director of the BMEDDAC TBI Program, stressed that there’s nothing wrong with seeking help and that Mathews is the one to call.

“Our patients experience a wide variety of problems related to combat stress and blast injuries sustained in war,” Felde said. “Soldiers and their families sometimes need an opportunity to work in counseling to heal these ‘relationship wounds’ and Ms. Mathews provides that expertly.”

With 35 years of social work under her belt, Mathews easily lives up to the title of expert. In fact, she’s personally tested all of the tools she recommends to her clients.

“I really do myself what I ask couples to do. That’s the only way I know it works,” she said.

But don’t think she’s all work and no play. Mathews believes in achieving personal balance in her life.

“Part of balance in life is work, play and relationships. So I come home to a husband, two dogs and two cats. I don’t want to think about what I’ve been doing all day,” she said. “I give a client everything I’ve got during the session and then I walk them out and I do a nice breathing exercise and just kind of let go before I bring the next client in.”

Instead she focuses on building her relationship with her husband with mini trips around Europe and takes care of herself through paper weaving and designing stained glass pieces. When it’s time to go to work, she’s ready.

“I have to say I have really enjoyed this job,” she said. “I guess it’s my calling because I never feel like it’s too much. I’ve never felt burnt out.”

For more information about couples counseling, contact your local behavioral health clinic.



by Maj. Patrick Hartley
BMEDDAC

This week, Maj. Patrick Hartley, chief nurse of the Vilseck Health Clinic, is answering your health questions. Want your health-related question answered? E-mail to brmc-pao@amedd.army.mil or post your question on our Facebook page at www.facebook.com/bmeddac. Your question may appear in the next edition of the *Bavarian News*.

Q. I’ve noticed that my teenager has started having serious skin problems in the past couple of months. At first, I thought it was a phase, but now I think the problem is here to stay. Do I need a referral to see a dermatologist on the economy?



Hartley

Respectfully,
Parent in Poppenricht

A. Dear Parent,
Skin problems for teenagers are expected because of the crazy hormones in their bodies during this time. The question needs to be, “how bad is it”? We can all get some degree of acne for years after puberty, but some children do need medical assistance.

But before seeing the doctor, there are many over-the-counter astringents and skin cleaners that could be used. As well, diet is a major factor in acne production. Look at your child’s diet and see if they are eating lots of foods that could be making the problem worse. The best advice is to get on a healthy diet with very little junk food like chips and chocolate.

If you have tried diet changes and over-the-counter approaches without success, I would recommend seeing your primary care provider. They have several medications that can be used before going to the dermatologist. For many, diet and skin care is all they need, but please do not hesitate to meet with your primary care provider to discuss options.

Q. What percentage of body fat should I have to be considered a healthy female? I ask because I know men can have two percent body fat and that’s considered a good thing, but if it was that low for me as a female, it would be bad for my body. So what is considered normal?

Thanks,
Grateful in Grafenwoehr

A. Dear Grateful,
Wow, two percent body fat is incredible, but that is really too low for most normal adults. Two percent may be what a body builder needs before they go into competition. I am probably older than you so you may not know this great former basketball player named Mookie Blaylock.

He was a great athlete and was phenomenal to watch. He had a problem though; he had about 2-3 percent body fat and was always hurt. Body fat protects us from many injuries and supports good organ function as long as it is at the correct levels.

Women need a little more body fat than men because of reproduction and natural body build. The most important thing is to determine what your level of fitness is and see where you are. For the average female that is working out about three times a week and just staying in good shape you need to be at the 22-25 percent body fat level. To have a much healthier life, your target should be in the 17-22 percent range for a healthy, lean body.

The Grafenwoehr Garrison has a Wellness Center that can assist you in getting a good calculation of your body fat and help you develop a plan to get to where you want to be. Their phone number is DSN 476-4791, CIV 09662-83-4791.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil.

Patient Centered Medical Home debuts

by BMEDDAC
News Release

VILSECK, Germany — Beneficiaries who use the Hohenfels Health Clinic can expect to see changes in the way their health care needs are met in 2011.

And according to health care officials, the changes are for the better — the clinic began practicing the “Patient Centered Medical Home” style of care Jan. 1.

“Patient Centered Medical Home will provide better access and quality of care in a timely manner, which is more flexible to the patient’s needs,” said Lt. Col. Gordon Mayes, health clinic commander.

Part of the PCMH delivery of

care is the assignment of Primary Care Teams. Instead of seeing several different providers, patients will see a member of their team, which consists of a health care provider, registered nurse and two medical technicians.

“This creates a health care setting that consolidates the patient’s care and fosters partnership through an open line of communication between the patient and their health care team,” Mayes said.

Team members will reach out to patients using personal phone calls and e-mails, while health care providers spend more time with patients during their appointments.

“At an appointment, patients can expect more dialogue and

time for in-depth analysis,” said Maj. Jimmie Tolvert, health clinic chief nurse. “Patients should come prepared to discuss their issues and engage with the entire team, not only the provider.”

In addition to better continuity of care and enhanced patient-provider relationships, PCMH also offers more access to care.

“Every appointment will be scheduled as soon as a vacancy exists with the goal of scheduling all visits within 24 hours,” Mayes said.

According to Tolvert, most patients are seen on the same day they make the appointment either by their health care provider or by the registered nurse on their team.

All appointments must now be

made by either calling the health clinic directly or by scheduling an appointment using Tricare Online at www.tricareonline.com. Patients can schedule online appointments on the same day they want to be seen at the health clinic, but no more than 24 hours in advance.

Overall, clinic officials hope that patients will embrace and appreciate this new style of health care delivery.

“Patient Centered Medical Home is our guide to better, more comprehensive health care,” Mayes said.

To schedule a health care appointment at the Hohenfels Health Clinic, use Tricare Online or call DSN 466-1750, CIV 09472-83-1750.

Children’s dental health center stage this month

by Capt. Katie Egbert
Vilseck Dental Clinic

Did you know that dental decay (also called cavities) is the most common chronic disease in children? It is five times as common as asthma. It is estimated that 51 million school hours per year are lost because of dental-related illness. Early tooth loss caused by cavities can result in failure to thrive, impaired speech development, absence from and inability to focus in school and decreased self-esteem.

These are just some of the many reasons that Bavaria DENTAC is shining light on the dental issues facing our youngest community members.

February is National Children’s Dental Health Month (NCDHM). Bavaria DENTAC has big plans for this year’s monthlong celebration. 2011 commemorates the 62nd observance of NCDHM with this year’s themes “A healthy smile? It’s easy to find! Remember to brush & floss everyday!” and “A Healthy Smile Looks Good Up Close.” In adherence to NCDHM tradition, during the month of February the dental profession focuses on the issues of children’s dental health like early childhood caries, sealant education, tooth decay, tobacco use, fluoride treatment, children’s nutrition and sports guards.

The program was officially kicked off when Bavaria DENTAC Commander Col. Theresa Gonzales signed a proclamation declaring February as National Children’s Dental



(From left to right) Luka Sotebeer, 8, Bavaria DENTAC Commander Col. Theresa Gonzales, Milliani Ragay, 2, Miliam Ragay, 1, and Mirielle Ragay, 10, get ready for National Children’s Dental Health Month.

Health Month for the Bavaria footprint to include Grafenwoehr, Vilseck, Hohenfels, Bamberg, Schweinfurt, Katterbach/Ansbach and Illesheim communities.

This year’s program includes dental health team visits to elementary schools for oral hygiene instruction, dental screenings, educational videos, experiments and hands-on activities; followed by goodie bags with children’s toothbrush, toothpaste and floss. Schoolwide poster contests are underway with prizes awarded to each school’s winners. In addition a set of children’s dental books will be donated to each

clinic for future patients to enjoy in the dental clinic waiting rooms.

It is BDENTAC’s hope that these events educate and inform the local communities about dental health and identify children with unmet dental health needs. Simply bringing awareness to the issues at hand is important because if healthy habits and attitudes are started early in life; these lessons learned pave the way to a healthy smile for years to come.

BDENTAC coming to a school near you

The Bavaria DENTAC will be visiting elementary schools in the Bavarian Military Community for National Children’s Dental Health Month on the following dates:

Netzberg, Feb. 2-4

Grafenwoehr, Feb. 7-8

Schweinfurt, Feb. 8-10

Katterbach/Ansbach, Feb. 8-11

Hohenfels, Feb. 9-11

Vilseck, Feb. 14-16

Illesheim, Feb. 17-18

Bamberg, Feb. 22-25

King's legacy honored in Hohenfels

Story and photo by

Mark Iacampo

USAG Hohenfels Public Affairs

HOHENFELS, Germany — Hohenfels honored the memory of Dr. Martin Luther King Jr. and his extraordinary contributions to the American civil rights movement at a ceremony at the Community Activities Center, Jan. 12.

Guest speaker Col. Vann Smiley, U.S. Army Grafenwoehr commander, said he felt it was important on a day that some might think of as just another day off, to take time to reflect on what an impact King had on our nation.

Citing examples from King's life and achievements, Smiley related King's message to the Army core values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

"It never fails to amaze me the level of selfless service that Dr. King demonstrated in support of his cause," Smiley said. "That sort of selfless service ... is difficult to comprehend sometimes ... until you take a step back from it and ask yourself what we as Soldiers and civilians in support of our nation do to provide that support."

"You make sacrifices for our nation that you probably just take for granted," he said.

When speaking of King's personal courage during the civil rights movement, suffering abuse, attacks and eventual assassination, Smiley called for others to reflect on their own past experiences.

Command Sgt. Maj. Frank L. Graham remembered being one of the first African Americans in Moncks Corner, S.C., to attend an all-white school during desegregation.

"First six months or a year, being in that school, I went through some rough times," he said. "But we've taken long strides to be where our society is today. We've made a lot of progress."

Master Sgt. Christopher T. Mulvihill read portions of the famous "Birmingham letter" wherein King proclaimed, "Injustice anywhere is a threat to justice everywhere." King composed the letter while languishing in a Birmingham jail after leading several nonviolent protests throughout the city in an effort to call national attention to the harsh segregation laws.

More than half a century later, the speech has lost none of its poignancy.

King wrote: "When these disinherited children ... sat down at lunch counters, they were in reality standing up for what is best in the American dream."

Gregory T. Harvey can relate.

"I lived through segregation," said Harvey. "At some point in my life it made me a hostile person. Later on in life, I was able to use that determination in a positive way. So I just wanted to come out and reflect."

"Dr. King's efforts were for everyone," said Smiley. "His obligation was that all who suffered from inequality, to see that they were treated equal."



Col. Vann Smiley, commander, U.S. Army Grafenwoehr, discusses the similarity between King's beliefs and the Army values in Hohenfels, Jan. 12.

Strong is more than a physical trait

by **Cristina Piosa**

USAG Grafenwoehr ACS

A person who is strong does not necessarily mean he or she is physically strong. Strength comes in many forms, including being emotionally, socially, spiritually strong and strong within one's family. Today's Army is under a lot of stress and the families are also feeling it.

The Army has invested a considerable amount of time and money to support its Soldiers and families to ensure their overall well-being. The Comprehensive Soldier Fitness started in 2008 as a program specifically for Soldiers. The goal was to increase resiliency and enhance their performance at work, on the battlefield and at home.

All Soldiers completed the Global Assessment Tool, a survey which determined the strengths and weaknesses in the emotional, social, spiritual and family aspects of life; these elements are also known as areas of fitness. The CSF has shown vast success among Soldiers, consequently the Army has pushed for additional training to be made available to families and Department of the Army civilians. The resiliency training is a component of the CSF. Today, Soldiers are filling in full-time positions as Master Resiliency Trainers in their units. Soldier-Trainers are helping their units, therefore establishing a healthier Army.

In today's world it is critical to be resilient and to maintain a positive balance that allows individuals to bounce back from life's challenges. In August 2010, the University of Pennsylvania hosted, for the first time, a Resilience Training for approximately 150 civilians, all of whom were Army Community Service staff members from across the globe. The training lasted two weeks and allowed the selected members to return to their assigned duty station as Master Resiliency Trainers.

U.S. Army Garrison Grafenwoehr Army Community Service has two qualified staff members to teach Resilience to families and DA civilians. Tammy Ricketts and Frank Pavone, both licensed clinical social workers, are located at Army Community Service on Rose Barracks.

The two-day class helps family members and DA civilians understand their thoughts and emotions, how they impact the ability to become resilient, and bounce back from life's challenges. The Master Resiliency Trainers provide tools necessary for individuals and families to thrive, succeed, and have happier and healthier lives. Each individual has signature character strengths and weaknesses, and both can be expanded to live a more fulfilling and resilient life. Character plays an important role in our day-to-day activities and can influence the way we feel, think and act.

Character strengths are determined by the Values in Action Character Strength Survey. The survey is an awareness tool that helps individuals focus on their character traits and how to become an overall better person. Building on their strengths allows family members and DA civilians to take better care of themselves, their peers and family. Master Resiliency Trainers can help others boost their strengths to respond in positive ways to life changing events.

Reserve your Resilience Training by calling the Rose Barracks or Main Post ACS office. This training will benefit you and your everyday activities as it is based on you and your personal character. You can be strong with who you already are.

Editor's Note: Cristina Piosa is a marketing specialist for USAG Grafenwoehr's Army Community Service.

Garmisch commemorates the life of Dr. Martin Luther King Jr.

GARMISCH, Germany — Military and civilian employees of U.S. Army Garrison Garmisch took time to commemorate Dr. Martin Luther King Jr., Jan. 14. The Directorate of Logistics set up a static display in the headquarters conference room featuring a DVD of King's "I Have a Dream" speech of Aug. 16, 1963, that played throughout the day. For Black History Month, the Garmisch Family Morale, Welfare and Recreation will host an evening of education and entertainment at the Pete Burke Center, Feb. 25, from 5:30-8:30 p.m., featuring speakers, trivia contests, food samplings and a live jazz performance by Cats in the Cradle. This year's theme is "African American Soldiers in the Civil War." April 12, 2011, marks the 150th anniversary of the start of the Civil War.



Courtesy photo

DPW's toil keeps Schweinfurt garrison functioning during record-setting month

Community support, understanding appreciated during winter months

Story and photo by

Charles Stadtlander

USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — Residents of Germany just survived the coldest December since 1969, and in doing so received a barrage of snow not experienced in years. The area around the Army garrison here received several storms and tallied nearly 60 centimeters of snow accumulation, resulting in several days of delays and closures for garrison services and schools. Franconia enjoyed its first white Christmas since 1981.

While many employees and students looked forward to enjoying a long morning at home during these weather delays, the tireless employees of U.S. Army Garrison Schweinfurt's Directorate of Public Works knew the snow days would be long ones.

"The crew members are experienced, reliable and hard-working personnel who perform the work to the very best of their abilities," said Robin Fisher, the head of DPW. To report to work so early on snow days, the clearance workers are "taking risk on snow- or ice-covered public road conditions to clear our roads, sidewalks and parking areas within the garrison."

Long days

Snow clearance workers, a force 20 people strong, start their days as early as 3 a.m. when the snow is falling. An early start rarely means an early departure, and these employees usu-



In 2010, Germany experienced the coldest December in over 40 years, according to the German weather service. Coupled with above-average precipitation levels, this resulted in tremendous amounts of snowfall for Schweinfurt.

ally stay until 5 p.m. or later to ensure the roads were clear for community members. A weekend staff is on hand as well, sometimes working 10 hours on Saturdays just to keep roads clear.

"The priorities are set to provide the greatest good to the community," said DPW officer-in-charge Capt. Carl Oborski. He said the first concerns when plowing are major streets and thoroughfares. Problems arise when cars drive repeatedly over roads not plowed yet. The remaining compacted snow is difficult for machinery to remove. "If every Soldier or spouse shoveled their respective parking spot, it would be easy."

Salt shortages

In November, the DPW coffers were stocked with a healthy amount of salt necessary to keep roads clear and ice-free during a standard German winter. But as the days grew colder and

one storm piled up after the next, the clearance crews needed more of the rock salt to meet the demands of the community. Unfortunately, German autobahn and local road maintenance crews were blindsided by the same weather, and scrambled to stock up on their own salt supplies. Despite the shortfall, DPW crews were able to blanket garrison roads with 130 tons of salt throughout the month of December.

The DPW stable of machinery is no small outfit. Two large Mercedes Unimogs with three-meter plows are the behemoths of the fleet, and the workers also operate smaller trucks and several walk-behind brooms and salt spreaders for sidewalks and tight spaces. And after the roads are cleared, the mountains of snow need to go somewhere. This important task falls to the heavy-duty scoop loaders and dump trucks.

"When the accumulated snow is piled on top of the storm sewer grates and melts, it gets compacted," said Oborski. "Then it freezes and acts like a drain plug in your sink."

DPW's task during the warm, rainy weeks of early January was to make sure the on-post drains were able handle the rain and meltwater. Sand and gravel spread on the road for traction during December compounded the labor of this task, as runoff sends the grit into gutters and sewers.

Though the snow removal crews' hard work kept the main arteries of the garrison functional during a record-setting December, Bernhard Morber of DPW's maintenance division is keen to spotlight other hard workers in snow removal.

"All tenant organizations, units and residents are involved in snow and ice removal services in their area of responsibility. We want to express our appreciation of all their efforts."

Resilience training class

U.S. Army Garrison Grafenwoehr's Army Community Service is offering a two-day Resilience Training, Feb. 14-15, from 8:30 a.m.-4:30 p.m., at the Netzaberg Teen Center. Child care is provided, but parents must enroll online at <https://webtrac.mwr.army.mil/webtrac/Grafenwoehrcyms.html> or by contacting the Parent Central Services at DSN 476-2760, CIV 09962-83-2760 (Rose Barracks) or DSN 475-6656, CIV 09641-83-6656 (Main Post). Child care registration is open through Feb. 8.

Job seekers get the inside track with Resumix



Family member Toni Mashurn (left) reviews paperwork during a resume class as Marie McElligott, employment readiness counselor for Army Community Service, explains the Resumix system.

Story and photo by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — First impressions are lasting impressions and a resume is a first impression for a prospective employer. But for many military family members, including Roberta Adams, finding a job at a new duty station isn't always easy.

"We move every year and a half," said Adams, who fears her residence mobility and lack of longevity in work history may hinder her chances for employment. Although Adams possesses desirable qualifications suitable for many work positions, structuring her resume to the taste of employees is tricky for the Italy native.

"The information is there," said Adams. "I'm just not sure how to put it all down."

The importance of a good, concise resume that stands out cannot be overstated, according to Marie McElligott, employment readiness coun-

Resumix classes
The next Resumix classes will be held
Feb. 8, 1:30–2:30 p.m. in Rose Barracks, Bldg. 322, and Feb. 16, 1:30 – 2:30 p.m. at the USO, Main Post Bldg. 150.

selor for Army Community Service. In this fast-paced world where first impressions are made in a fleeting moment, the impression given by a resume can mean the difference between getting a call for an interview and quickly being passed over.

The ACS Resumix class teaches job-seekers the tools and tricks needed to further the likelihood of new employment, from writing a resume that highlights strong points to maneuvering the Resumix website.

While it was designed to both streamline and ease the hiring process, the Resumix online resume can be somewhat confusing. It differs

from traditional resumes in that it follows a particular format used solely by the military branches of the federal government and the Department of Commerce. Resumix is very specific as to content, structure and layout.

Here's the trick: a Resumix resume must be written to first catch the attention of the computer scanning software, but it must also be written so that a person can understand it.

It should be concise, informative and truthful, according to McElligott. During the hourlong Resumix course, McElligott and volunteer Rhonda Maynard walked participants step-by-step through the process and shared industry secrets along the way.

"A resume must speak articulately on your behalf," said McElligott. "Invest the time to make it great and you will see a positive impact on employers."

Resumix classes are offered through ACS on a monthly basis. For more, contact ACS at DSN 475-8371, CIV 09641-83-8371 (Main Post); and DSN 476-2650, CIV 09662-83-2650 (Rose Barracks).

Couples can file joint tax returns despite nonresident status

The second in a four-part series on preparing taxes for the 2010 tax season

by **7th Army Joint Multinational Training Command Public Affairs**
News Release

GRAFENWOEHR, Germany — This year, filing a joint tax return allows the service member and spouse \$3650 per person. That's \$7,300 in personal exemptions, before calculating other exemptions and tax credits. But if the service member is married to a non-U.S. resident, the couple does not get to take advantage of the more favorable tax treatment, unless the nonresident alien spouse applies for an Individual Taxpayer Identification Number (ITIN) from the U.S. Internal Revenue Service (IRS).

An ITIN is a nine-digit tax processing number that remains valid for the life of the tax filer; however, an ITIN is not an identification, work-permit, or immigration registration number.

Since resident alien spouses generally do not qualify for a Social Security Number, said Tracy Cooklin, 7th Army Joint Multinational Training Command's tax center coordinator, "an ITIN allows the service member and spouse to file jointly, which gives them a higher standard deduction, lower taxable income and hopefully a higher refund."

Individuals needing an ITIN must submit a Form W-7, Application for IRS Individual Taxpayer Identification Number, and attach certified or notarized copies of IRS approved documents to prove identity and foreign status. The IRS Form W-7 can be downloaded from the IRS website. For proof of identity and foreign status,

the IRS will accept a certified or notarized copy of valid foreign passport, so long as it is unexpired. Individuals without a valid foreign passport may submit two or more of the following:

- National identification card (must show photo, name, current address, date of birth, and expiration date)
- U.S. military identification card
- U.S. or foreign driver's license
- Foreign voter's registration card
- Foreign military identification card
- U.S. Citizenship and Immigration Services (USCIS) photo identification or Visa
- Civil birth certificate (required for dependents under 18 years old)
- School records (dependents and students - under 18 years old - only)
- Medical records (dependents - under 14 years old only)

It takes about four to six weeks for the IRS to issue an ITIN, said Cooklin.

"Tax payers may also file an ITIN application with a paper tax return. When

doing so, the application is attached to and mailed along with a joint tax return," she said. "The IRS ITIN unit will process the ITIN application, transfer the new ITIN number to the paper tax return, and forward the tax return to the appropriate service center for filing."

Tax centers in Ansbach, Illesheim, Bamberg, Grafenwoehr, Hohenfels, Schweinfurt and Rose Barracks open beginning Feb. 1. Information on locations and phone numbers for each is available at www.hqjmtc.army.mil/Organization/Special_Personal_Staff/Staff_SJA/Staff_SJA_TaxOffice.html.

Tax preparers are available to assist filers with any tax questions, said Cooklin.

Those applying for an ITIN may call the IRS at 1-800-829-1040 to check the status of their application.

Editor's Note: Tracy Cooklin, JMTc tax center coordinator for 2010, and Brad Huestis, chief of Client Services Division at the JMTc Office of the Staff Judge Advocate, contributed reporting.

For the record: taxes

In Jan. 19 edition of the *Bavarian News*, information regarding taxable income in the frequently asked questions (page 3) conflicted with information in the Retiree Corner (page 14). Tracy Cooklin, a tax preparer at Grafenwoehr's Main Post has provided clarification:

Q: If a retiree lives in a foreign country, can the retiree and their spouse's Social Security be exempt?

A: Although Social Security is U.S.-source income, it may be exempt from taxation if the recipient retiree is considered an ordinary resident of the foreign country and an applicable treaty exists between the U.S. and that country. Germany does have such a treaty.

The *Bavarian News* would like to thank Carl Cresswell of the Schweinfurt community for bringing this issue to light.

Tax centers in Bavaria

Ansbach/Katterbach Katterbach Kaserne Bldg. 5817, 3rd floor DSN 467-2324 CIV 09802-83-2324 Mon-Fri, 9 a.m.-5 p.m. Thu, until 7 p.m. walk-ins and scheduled appointments	Grafenwoehr Main Post, Bldg. 216 DSN 475-9258 CIV 09641-83-9258 Tue through Fri, 9 a.m.-5 p.m., Mon, 10 a.m.-6 p.m. walk-ins and appointments
Ansbach/Illesheim Stork Barracks Bldg. 6506 (Law Center) DSN 467-4511 CIV 09841-83-4511 Mon-Fri, 9 a.m.-5 p.m. walk-ins and scheduled appointments	Hohenfels Bldg. 313 DSN 466-2836 CIV 09472-83-2836 Mon, Wed and Fri, 9 a.m.-4 p.m. Tue and Thu, 10 a.m.-5 p.m., 1st Sat of month 9 a.m.-noon by appointment only
Bamberg Warner Barracks Bldg. 7000, 4th floor DSN 469-8261/8262 CIV 0951-300-8261/8262 Mon-Fri, 9 a.m.-noon, 1-4 p.m. walk-ins and scheduled appointments Sat (Feb. only) 9 a.m.-noon by appointment only	Schweinfurt Conn Barracks, Bldg. 1 DSN 353-8286 CIV 09721-96-8286 Mon-Fri, 9 a.m.-5 p.m. walk-ins and scheduled appointments
Garmisch Artillery Kaserne Bldg. 203 DSN 440-3516 CIV 088217-50-3516 Mon-Fri, 8 a.m.-noon, by appointment only	Vilseck Rose Barracks Bldg. 245, 1st floor DSN 476-2714 CIV 09662-83-2714 Mon-Fri, 9 a.m.-noon, and 1-5 p.m. walk-ins and scheduled appointments

Seminar focuses on community relations with Russia



Photo by Karlheinz Wedhorn

Kyle Scott, director of the office of Russian affairs for the U.S. State Department, addresses the 77-member audience of the Senior Executive Seminar at the George C. Marshall European Center for Security Studies, Jan. 20.

by **Jason Tudor**
GCMC Public Affairs

GARMISCH-PARTENKIRCHEN, Germany — Saying there's "much to be proud of" since the "reset" of relations between Russia and the United States began, the State Department director of Russian affairs kicked off the Marshall Center's Senior Executive Seminar, Jan. 20.

Kyle Scott has worked in the State Department nearly 30 years and served as the director of the office of Russian affairs since September 2009. He said the mutual role as the world's largest nuclear powers, the war in Afghanistan and the fight against terrorism stood as items of interest for the two countries.

Speaking at SES 11-1, "Developing Relations with Russia," Scott talked to the 77 participants from countries across Europe, Eurasia and others with strong ties to Russia. He said the two sides have accomplished much in two years and there exists a strong positive dialogue.

"Like it or not, Russia matters," Scott said to the seminar audience. "We've done pretty darn well in the last two years. Russia is a difficult partner to work with and even when we

agree, it's challenging."

In those two years, Scott said President Obama and Russian President Dmitry Medvedev have spoken 10 times. There are 18 different U.S.-Russia working groups and the governments have engaged in better than 150 senior-level engagements.

More visibly, Congress recently ratified the Strategic Arms Reduction Treaty.

Russia also allows U.S. military aircraft to overfly the country to reach Manas Air Base, Kyrgyzstan, a key transit point for troops going into Afghanistan. To date, more than 100,000 Soldiers have passed over Russian territory.

He said Russia sees the U.S. presence there as a "necessary evil," but supports it nonetheless. Scott said part of that effort included a counternarcotics effort to stem a drug trade that kills 30,000 Russians each year.

"Russia and the U.S. share an interest in a successful outcome in Afghanistan," he said.

Meanwhile, Scott said newly formed defense policy and military-to-military working groups will strengthen cooperation in counterterrorism efforts, combating piracy, search and rescue and much more.

"We see great opportunities for this to continue," he added.

Scott said if the two countries can find common ground, then missile defense will be a vital conversation going forward.

"Missile defense has the potential to be a game changer where we begin to see Russia not as an adversary but as a true partner in a joint effort," he said. "It's something that will begin to change the views in Russia and in the United States with regard to our role together working on issues."

The Senior Executive Seminar lasts eight days and its audience includes civilian and military leaders, including general officers, parliamentarians and more. Scott said venues like the seminar here help further improve the mutual security policy.

"The center brings together key policy makers and people who are already experts in their fields who are looking at the global challenges that their own countries face and trying to work them into the broader perspective of how other countries are dealing with it," he said. "This is an opportunity to reach out and talk to them about our concerns."

41st Trans. Co. prepares for move to Fort Polk, La.

by 1st Lt. Kevin Jagusch
41st Transportation Company

GRAFENWOEHR, Germany – The 41st Transportation Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade cased its company colors in the Grafenwoehr Field House here, Jan. 13.

“It is not just the Soldiers of the 41st Transportation Company that deserve our thanks, but also their families.

The operations tempo for the last seven years has been very high and without the support from their families and loved ones, they would not have been able to achieve such great success,” said Capt. Terrence Flanagan, the 41st Trans. Co. company commander.

The 41st Trans. Co. has been stationed in Grafenwoehr since its reactivation Sept. 16, 1998, and is relocating to Fort Polk, La., to support the 88th Brigade Support Battalion by providing truck transportation for containerized and palletized cargo.

“This is a great opportunity for the Soldiers to learn how a deactivation works and to take their knowledge with them to their future units,” said Spc. Steven Penoske, a motor transport operator.

Since 2001, the 41st Trans. Co. has seen 51 months of deployment. The company supported the initial push into Iraq in 2003, redeployed there in 2005 and again in 2007.

The company’s most recent deployment was to Afghanistan in 2009, returning in the fall of 2010. During the deployment to Afghani-

“It’s a closing of one chapter and the starting of a new one.

Spc. Raymond Allen
Motor Transport Operator

stan, the 41st Trans. Co. provided not only logistical support, which was their primary mission, but also trained and executed convoy security, material handling support and provided a quick reactionary force while operating across two regional commands and numerous bases and camps.

“I am really ready to get back to the states,” said Sgt. Joshua Blazonis, a team leader.

“My time in the 41st Transportation Company was spent as the platoon leader of basically the same group of guys. Now that everyone is leaving, I know I will miss them all,” said 1st Lt. Kevin Jagusch.

“It is bittersweet to see everyone leave. It was my first unit so the Soldiers taught me a lot, and I wish them all the best of luck,” said 1st Lt. Katie Steele, the 41st Trans. Co. executive officer.

“It’s a closing of one chapter and the starting of a new one,” said Spc. Raymond Allen, a motor transport operator with 41st Trans. Co.



Big time awards for Garmisch

Photo by John Reese

GARMISCH, Germany — Nineteen-month-old William McNicol shouts “Big! Big!” while pointing at Col. Vann Smiley, USAG Grafenwoehr commander, at the pretoddler care of CYSS, Jan. 19. Smiley offered congratulations and guidance after presenting a number of awards and coins for excellence to the director and staff at the Garmisch Child Youth and School Age Services during an inspection that day. The USAG Grafenwoehr commander and Command Sgt. Maj. William Berrios also conducted a tour of the garrison facilities and Smiley presented additional coins and words of encouragement to Soldiers and civilians for going above and beyond in providing outstanding service to their Southern Bavaria customers.

Skiing program still ‘wonderful’ in Garmisch

Continued from page 3

thought I would just show up to see if I could help out,” said Reed. “I’ve been working with the beginner kindergartner group. It’s a lot of work but really rewarding. What’s not to love about it? You get to get out of school early and ski!”

The ODR and CYSS instructors and volunteers appreciated the experienced assist, and Pratt and Reed’s volunteerism caught the attention of Garrison Manager Karin Santos, Jan. 19, while she was conducting a tour of facilities with USAG Grafenwoehr commander Col. Vann Smiley.

“It was great to see both of them working with youth in a program

they’d both participated in when they we’re young, and that they both have taken skiing as a lifelong skill,” said Tindall. “It is great to see that they brought the program to a full circle from participating as youths to helping participate as young adults.”

Pratt said she began skiing by participating in WW and never stopped.

“I started WW at the age of seven and participated until I was 13,” said Pratt. “I went on to compete from eighth through 11th grade at Munich International School, mainly slalom, GS and Super G.”

Reed also competed as a high school student.

“I was on the ski team at Munich

International School all through high school,” she said. “It was fun but I definitely prefer skiing for fun rather than racing.”

Both Pratt and Reed have certificates for Emergency Outdoor Care, a valuable skill set when working on the slopes, and both are nursing majors.

The lure of Garmisch, the Alps, and a love for skiing remain strong with both.

“I call Garmisch home,” said Reed. “I was lucky enough to live here for 13 years and my parents still live here, so I get to come back for vacation!”

After she graduates from George-

town in May, Pratt intends to move to the western United States and continue skiing.

“I can work and continue to ski,” said Pratt. “Lauren and I have been best friends since I moved to Garmisch, and we were in the same WW group for the first year. We have skied together and with our families every season since then.”

The program will run until March 9 with the running of the gates finale, an annual event that never fails to impress parents when they see how much their children have improved. In addition to winter sport skills, WW and SS also teach teamwork and cooperation.

Students at VHS make a difference in 90 days

Continued from page 1

schools are given global positioning system (GPS) coordinates for the well, with a link to a video of the well being constructed.

During the three month campaign, Carson and Chanin tracked the school’s money on a poster placed in the center of the school.

“There were many doubts among the students as to whether we would reach our goal in time,” said Carson. “But as we raised more money and the poster marker kept rising, so did the faith of our classmates.”

Vilseck High School was fortunate to have raised the money and could not have done it without the help of the school and entire community.

Students planned various activities, such as food sales, which were provided by the Vilseck High School Junior Reserve Officer Training Corps (JROTC), to help them reach their goal.

During the several weeks of fundraising, Carson and Chanin planned multiple games and activities, including pumpkin bowling, Halloween cookie decorating, an Oreo-licking contest, a raffle and speed dating.

During the Falcon Fest, the Exchange’s Candy Shop donated the use of a cotton candy machine. The games and activities motivated the student body as they continued steadily toward their goal.

“Now that it’s over, it’s something we can look back on and be proud of, knowing that our hard work really paid off in the end,” said Chanin.

In addition, students planned two main events — a Bowl-a-thon and a Hunger Meal. While the Bowl-a-thon was more fun and games, the Hunger Meal served as a fundraiser and an awareness night. Participants were divided into separate classes and for one night had to eat as someone in their class would.

Third world participants were given a bowl of rice to split among 20 people. Second world participants were given a tortilla with beans. First world participants had a nice meal with forks and knives. All the events turned out to be a great success, pushing Vilseck High School closer to its financial goal and providing unique learning experiences.

“The best part was proving to everyone and ourselves that we could raise the money,” said Carson.

For more information, visit charitywater.org or visit Vilseck’s website, <http://mycharitywater.org/vilseck>.

Cougars’ educational goals supported

Continued from page 6

opportunities. Overseeing the development of this program is the squadron’s education counselor, Spc. Julio Alicea-Robles.

According to Alicea-Robles, the program has already allowed troopers to improve their GT scores as well as take College Level Examination Program tests and Defense Activities Non-Traditional Education Support exams.

Alicea-Robles and several of his fellow Cougars have also tutored many through Functional Academic Skills Training classes. Many Soldiers have developed plans to accomplish their educational goals through one-on-one counseling sessions.

“We are currently offering Intro to Writing, Public Speaking and Government,” Alicea-Robles said. “We currently have 31 students in

writing; 27 in speech and 33 students in Government.”

Each class is one hour and 45 minutes a day, Monday through Saturday for four weeks. If a student cannot attend during that time due to mission requirements, they are allowed to complete the class work on their own.

Angela Grant, a representative from the University of Maryland, teaches the classes. Grant said she is quite pleased with her students work so far and is really impressed with their desire to learn.

“It makes me happy to see people who weren’t sure they could do it,” Grants said, “not only do it, but perform so well. I have told them they are just as smart and capable as a freshman class at Harvard or anywhere else.”

The one thing Grant hopes her students take away from her class-

es is a sense of pride in their accomplishments. Martinez is very pleased with the results he has seen from the program and urges all Soldiers to strive to reach their goals.

“Here in Afghanistan, we have just opened the door. They have walked through it, sacrificed their valuable off time to reach the goals they have set for themselves,” Martinez said. “I know all the leaders in our unit are very proud of them, and hope that they will continue throughout their lives to reach for excellence.”

Martinez stressed the importance for all senior noncommissioned officers and non Soldiers in a leadership role to encourage and nurture their Soldiers’ desire to strive for personal development, because these well-rounded individuals will become tomorrow’s leaders.

Grenade blast no match for Soldier’s quickness

Continued from page 1

attack. “I didn’t even know I was really hurt until I started seeing my kit was covered with blood,” he said.

“It’s never easy to see one of your men injured, but after seeing Lt. Lorensen, I knew he was in good hands with the platoon’s combat medic,” said Capt. Matthew Piosa, Apache Company commander.

Within moments of the attack, his fellow Soldiers sprung into action, providing first aid and transmitting a request to evacuate him to the nearby Role 2 hospital at Multinational Base Tarin Kowt.

“I couldn’t have asked for better treatment and care from my guys and then once I got to the Role 2 it just seemed like everything was just clicking,” Lorensen said. “I let my mom and my wife and my folks know that I’m good and I’m ready to get back up and keep working.”

Despite stitches in his left arm, back and face, he is eager to return to work with his Soldiers and encouraged doc-

tors to release him back to duty within days of the incident.

“I told them that if I can get up and walk around and move my arms and wiggle my fingers and toes, then I should be where I can help out with the platoon and I’ll come down to get my stitches taken out later on,” he said with a laugh.

Piosa couldn’t be prouder of the way his Soldiers responded to the attack. He believes their training is likely the reason Lorensen is alive today.

“Being able to rapidly neutralize threats in a close quarters environment is something that is ingrained into every infantryman,” he said. “In this case, it not only saved Lt. Lorensen’s life, it saved the lives of the other Soldiers within the compound.”

While Lorensen does feel lucky to be alive, he knows it wasn’t just luck that saved him.

“It just made me feel really good, knowing that they were so well trained that they just snapped into action.”

Energy tip

Turn lights off when they’re not in use. Use daytime light instead.